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can awareness
change an
old-school
sports ethic?

By Grant Scott-Goforth

- 8 Bad rap
- 20 Dirty books
- 28 Wolf whistles

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Contents

- 4 Mailbox**
- 5 Poem**
The Gift of Life
- 8 News**
To Seal and Destroy
- 11 Week in Weed**
A Czar is Born
- 12 NCJ Daily**
- 14 On The Cover**
Putting Heads Together
- 20 Down and Dirty**
Armchair Gardening
- 21 Home & Garden**
Service Directory
- 24 Art Beat**
My Precious!
- 26 Arts Alive!**
Saturday, Dec. 5
- 28 Front Row**
Rollicking Through
the Redwoods
- 29 Table Talk**
Speed Ceviche
- 31 The Setlist**
The Sonic Time Machine
- 32 Music & More!**
Live Entertainment Grid
- 36 Calendar**
- 42 Filmland**
Champs
- 43 Workshops & Classes**
- 45 Sudoku & Crossword**
- 46 Classifieds**



Scratches on an HSU football helmet are a record of the player's head-to-head contacts. Photo by Grant Scott-Goforth

On the Cover A connectome illustrates the brain's neural pathways. Photo Illustration by Holly Harvey

North Coast journal

of People, Politics and Art

Dec. 3, 2015 • Volume XXVI Issue 49

North Coast Journal Inc.
www.northcoastjournal.com

ISSN 1099-7571 © Copyright 2015

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Classified/Workshops classified@northcoastjournal.com



The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 21,000 copies distributed FREE at more than 450 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed / \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.



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A Letter of Appreciation

Editor:

I have yet to agree with John Bennett's movie reviews and I rely on his critiques to make sure I see those films that he does not recommend as I generally enjoy them with great enthusiasm. His last two reviews are classic examples ("Deep Down," Nov.

19). *The 33* is a very well-directed film with excellent production values, some gorgeous scenery, character development and a real sense of the emotional tension that ensued from the ordeal. It was basically a documentary in a Hollywood format and I applaud the director, Patricia Riggen, for her tireless research and efforts in bringing this very real story into the hearts of the public.

Love The Coopers was a blast based on

all of our dysfunctional family dynamics and while it may have been a bit formulaic, it was laugh-out-loud funny in several scenes and the characters were people we could all easily relate to. Another film I enjoyed very much.

So, it seems that the movies John loves I can easily pass on and the ones he pans, I'm happy to have seen. At least he's reliable!

Rita Carole, Arcata

Hate to Burst your Bubble...

Editor:

Thanks to Barry Evans for the nice piece on General Relativity ("General Relativity, 100 Years On," Nov. 19). He has it right except perhaps for one part that may well be changing as of late. He states (and this has been the generally accepted view for the last 100 years) that "the space-time fabric extends, unbroken, throughout the entire universe."

Now, however, there is a controversial but more and more likely scenario, called "Firewall Theory," first proposed in 2012, that the spacetime manifold is likely broken at the surface of a black hole. Here is how it's been described by a couple of the heavy hitters:

Raphael Bousso of UC Berkeley muses that space and time seem to "somehow" end at the horizon. And Joseph Polchinski at UC Santa Barbara sums it up this way: "The inside of a black hole — it may not be there. ... Probably that's the end of space itself; there's no inside at all."

If the idea proves correct, it means that black holes are literally cavitation bubbles (holes) in the spacetime manifold possibly (my speculation) caused by the rapid expansion of the early universe. Think of what happens when you pop open a carbonated drink.

Douglas George, Eureka

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News

To Seal and Destroy

By Linda Stansberry

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When Elise Gerhart chose to attend local businessman Rob Arkley's 2013 forum on homelessness, she knew that she might go to jail. Gerhart, then a Humboldt State University student, had been arrested by the Eureka Police Department during protests before. The arrest on Sept. 18, 2013 was no different — she was handcuffed, booked and released. As with previous arrests, no charges were filed. But despite never having been found guilty of a crime, the choice of her arresting officer to use a particular booking code has cost her two jobs, resulted in her being denied entry to a foreign country and tangled her in a protracted legal battle to prove herself “factually innocent.”

The police reports, written by then-EPD Chief Murl Harpham and Sgt. Kay Howden, alternately align with and veer away from Gerhart's account. Gerhart went to the Wharfinger Building with the intention of attending the meeting and speaking during the public comment period.

“I wanted to give my opinion about how cutting social services was a bad thing,” she says. Arkley's announcement of the meeting called for consensus on programs and policies to cut in order to reduce the number of homeless in the region. Gerhart was barred from entering the building, which was at capacity, by Harpham, whose report says that she attempted to enter several times.

“She was becoming very aggressive,” Harpham wrote, adding that he recognized Gerhart from previous protests. Gerhart, he wrote, was “inciting a couple of other people who were also becoming verbally aggressive.” Harpham called for



Former EPD Chief Murl Harpham.

File photo.

backup so he could arrest her, but she “pulled away from [his] grip” before he could do so.

Gerhart denies this version of events, saying the police report was full of inaccuracies. She also feels the denial of entry was arbitrary, based on Harpham's personal bias. She saw a “woman in a business suit” admitted by Harpham. Howden's report seems to confirm EPD was on guard for issues with protesters. Howden was watch commander that night, and wrote in her report that she had been apprised there would be “some of our more provocative protesters” at the meeting.

“My first impression was that there were two distinct groups of people milling around the front area of the Wharfinger,” her report reads. “The first consisted of people dressed in casual/business attire, ... people I recognized as local residents and business men/women. The second group consisted of fairly ‘scruffy’ looking people, scattered about the lawn area.”

According to Howden, the “business men/women” were talking quietly, and the “scruffy” people were not. Accounts of the event, which drew more than 300 people to the Wharfinger Building, say that protestors outside were banging drums and blowing horns. Gerhart was among them. Harpham called on officers to arrest a woman, Stephanie Bartlett, who blew a horn “directly in [his] face.” He also arrested Kim “Verbená” Starr and singled out Gerhart for arrest. (Howden's report describes carrying Gerhart with the aid of another officer in a fireman's hoist as Gerhart defiantly continued to “blow her party horn.”) As Howden and another officer were handcuffing Gerhart, another protestor, Chad Kemp, threw a cup of water on Harpham's back.

“Someone in the crowd stated ‘It's urine,’” reads Harpham's report. “But I could tell that it wasn't as some got in my eye and there was no stinging or odor.”

It was this last action that led to Gerhart's arrest on suspicion of battering a police officer. According to all accounts, Gerhart was nowhere near the scene of the splash, but the recommended charge — California Penal Code section 243 (b) — appeared on her arrest report, along with charges of inciting a riot and resisting arrest. Gerhart describes herself as “completely caught off guard” when, after an hour in custody, she was presented with her arrest report and released. A former intern at a civil liberties organization, she assumed her actions were covered under the First Amendment, and was mystified as to why she was being accused of assault. But the district attorney never brought charges, and a fellow arrestee's case was dismissed for lack of evidence. Gerhart moved on, focusing on her education. She assumed that the arrest, like previous incidents, would be without repercussion. At the end of the 2013-2014 school year she took a trip up the coast to Canada. And that's when she began to understand the full scope of her situation.

“The border police informed me that I wasn't going to be able to enter the country. I tried to tell them I was never charged, never convicted. I was treated like a criminal by Canadian and U.S. Border Patrol,” she said in a phone interview. Gerhart decided to clear her record of arrest. She was surprised to find out that, by law, she had only two years from the date of her arrest to do so, and surprised again when the Eureka Police Department rejected her petition on the very same

Continued on page 10 »

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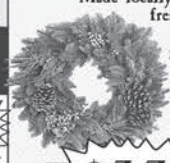
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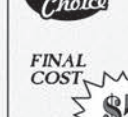
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News

Continued from page 8

day it was received — Dec. 2, 2014. When EPD returned the form, the responding officer, Sgt. William Nova, had crossed out the recommended charges of assault and inciting a riot and replaced them with a lesser charge — disturbing a public meeting.

Current EPD Chief Andy Mills said that Nova rejected the petition “because it did not meet the legal definition to seal or destroy the record. The person must be ‘factually innocent’ to seek relief.”

Nova’s handwritten amendment did nothing to change Gerhart’s record with the Department of Justice, the same entity that prevented her from entering Canada and, over the past year, has cost her two jobs when LiveScans of her fingerprints turned up the ominous words “battery on a peace officer.” (She is seeking work as a caregiver.) So Gerhart, with the help of her lawyer, Tracy Rain, brought the case to court.

Rain says the case was “quirky at every stage.” After EPD turned down the petition, the next step was to ask the court for a statement of factual innocence. Gerhart took this step herself. The petition was lodged on Feb. 23. The goal was to finish sealing the record before her graduation from HSU. The case was delayed three times. Gerhart and Rain describe a court system mystified by their request.

“Every judge we appeared before asked what we were trying to accomplish,” said Rain. Originally scheduled for trial on March 25, the DA’s office filed an opposition, which brought a continuance. It was rescheduled for April 27, then May 4. On May 15 it finally came before Judge Marilyn Miles. But when Deputy City Attorney Candice Myers appeared in court, Miles turned her away, saying that it was the district attorney’s job to prosecute the case.

Meanwhile, Gerhart was preparing to graduate and move back to the East Coast to attend to some family issues. Between May 19 and Aug. 4, Rain’s office

filed “an extensive trial brief.” Their argument hinged on disproving the amended charges of disrupting a public meeting. Using audio clips and accounts from the public forum, Rain sought to demonstrate that Gerhart’s actions fell into a loophole exempting such disruption at “political gatherings.” The Arkley forum drew public figures and politicians, said Rain, and was clearly a political gathering.

While the DA’s office did not withdraw its opposition, it also did not resubmit. In early October, Gerhart flew back from Pennsylvania to attend a pretrial hearing. Upon finding that the DA had not filed an opposition, Miles dismissed the case, ordering the arrest record sealed and destroyed, declaring Gerhart “factually innocent.”

Rain represented Gerhart pro bono, but a paying client would have run up an estimated \$3,000 in legal fees. None of the other arrestees have had their arrest records expunged, and the time in which they could seek to do so has lapsed. Some states, including California, prohibit employers from asking about arrests that have not led to conviction. This does not keep federal entities or employers in other states from accessing this information, although according to a report in the *Wall Street Journal*, arrest information forwarded to the Federal Bureau of Investigation often is not updated when a case is dismissed, and only about half of all such files at the FBI are up to date. There’s also nothing to keep employers from turning up accounts of an arrest through a simple web search.

David Levine, a professor at University of California Hastings School of Law, says Gerhart’s case is “odd” and complicated as it puts the burden of proof on the arrestee.

“The problem is, how do you prove the negative?” he explains. “The original agency could say that they made a mistake.”

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A Czar is Born

By Grant Scott-Goforth
grant@northcoastjournal.com

The hunt is on for California's marijuana czar (or czarina), with a whole new branch of state government waiting to be shaped by his or her hands.

Medical marijuana legislation recently signed by Gov. Jerry Brown will establish a new Bureau of Medical Marijuana Regulations under the Department of Consumer Affairs. (Depending on how you feel about the long-overdue package of laws, you might refer to it as a BuMMR or the BoMM.)

Heading this bureau will be a yet-to-be-named chief bureaucrat; the *SF Chronicle's* Joe Garofoli reports that the state is narrowing in on job qualifications. A representative of the Department of Consumer Affairs, which will hire for the position, said the job will be relatively straightforward, as state regulatory jobs go. The director will hire 40 to 50 people to staff the new bureau, write state policy and administer the new licensing scheme's rules. The post will pay up to \$128,000 a year — which seems a relatively meager wage compared to other state and county salaries.

One consultant told the *Chronicle* that the new director will have to maintain a good balance between the 17 agencies enforcing new medical marijuana laws, the many facets of the medical marijuana industry, and the federal government, which still officially considers marijuana of no medicinal value.

Plus, the article points out, recreational marijuana is likely to reach California's ballot next year, meaning the new chief could be "either out of a job — or in line for an even bigger one regulating medical and recreational herb."

As the *Journal* went to press, the Humboldt County Planning Commission was meeting to finalize its recommendations for a large-parcel outdoor cultivation ordinance that's been the subject of dozens of hours of meetings over the last month. (The commission didn't meet the week



Not pictured: daughter Cannastasia.

of Thanksgiving — for the most recent updates, see "Humboldt's Specialty," Nov. 26.)

But in the most recent issue of *EcoNews*, Humboldt Baykeeper Director Jen Kalt wrote that the commission largely ignored the concerns of conservation and environmental groups. "It has become clear that the majority of Humboldt County Planning Commissioners wants to open the doors for expansion of the Green Rush," Kalt wrote.

While she praised the commission's recommendations to limit water trucking, she said other commission recommendations are poised to open the door to expanded environmental damage with the following missteps:

- No limit on the number of new grows that would be permitted;
- No limit on the overall number of permits;
- No limit on the number of permits per parcel;
- No limits on indoor cultivation relying on diesel and gas generators;
- No limit on the amount of Timber Production Zone or agricultural land that can be converted to marijuana cultivation;
- Large increases in the size of cultivation areas proposed in the draft ordinance.

Kalt also decried the lack of a "specialty" designation that would reward best practices on grow sites, and said the lack of limits on grows could put the law's mitigated negative declaration — which would ensure the law's compatibility with state environmental regulations — at risk of being inadequate. ●

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Dogs Dosed by Junkie Poop?

A few weeks ago we ran across a passionate Facebook comment from a Hammond Trail hiker whose pup had been “poisoned” by eating human poop. “Vet took samples of what my dog threw up and her diarrhea ... Found mushrooms and pot. My vet said if it had been heroin laced feces it would have been fatal for dogs. The Vet said they are seeing 2 to 3 dogs per week that have been ‘poisoned’ by ingesting drug laced human feces out on local beaches and trails.”

At first, we scoffed. But then *New York Magazine* came out with an article about dogs potentially getting sick from eating heroin-laced poop in Prospect Park. We made some calls.

None of the vets or animal rescue groups we called (five in all) had any idea what we were talking about. Dr. Breeann Flores, a veterinarian with Broadway Animal Hospital, was kind enough to check in with some of her colleagues and thank us for such an interesting email.

“Both Dr. Tavares and I have not treated a dog for toxicity secondary to narcotics present in human feces,” she wrote. “There are many toxins, mainly dogs and sometimes cats, will ingest that can have similar signs those articles were describing such as marijuana, Xylitol in chewing gum, bakers chocolate, coffee and rat poison.”

Katie Benson at the Sunny Brae Animal

Clinic does see a lot of animals who are sick with marijuana toxicity. The animals may have eaten their owner’s stash, munched on a live plant, a roach or edibles.

“They act drunk, have a low heart rate, low temperature, are hypertonic, have seizures,” she said. Sometimes they see as many as two to five animals a week suffering from marijuana toxicity.

And the American Society for the Prevention of Cruelty to Animals does list human feces as a potential source of marijuana toxicity. Dr. Tina Wismer, medical director at the ASPCA’s Animal Poison Control Center, said while it does occasionally get calls about dogs who fell ill after eating poop in public parks, far more cases involve animals who chowed down on adult diapers or colostomy bags.

“The types of drugs or things that can cause problems are things that still have active metabolites that are excreted through the stool,” she said. “Medications that will pass will include marijuana, a lot of our anti-depressants, Parkinson’s medications. With opioids or narcotics it really depends on which ones we’re talking about and if it’s excreted through the stool or not. Methadone is partially excreted through the stool. But it depends on the dog and how much it weighs, how much poo ... they ingest, what kind of dose is actually there.”

— Linda Stansberry

POSTED 11.25.15

Myth of the Sleazy Car Salesman



Even though it’s caused some would-be customers to storm off, Bob Crivello of Bob’s Fine Cars says his logo of a “hood Mafioso character” will continue to grace his used car shop’s sign. The image, selected in the 1950s as part of an inside family joke, is nostalgic to customers and Crivello. POSTED 11.26.15

— Linda Stansberry

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For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.


Jacks Defeated: After a first round win, the Humboldt State University Jacks were routed Saturday, 54-7, by the No. 1 ranked Northwestern Missouri State. Playing in Maryland, Missouri, the Jacks record-setting offense was all but stuffed, held to a single touchdown in the fourth quarter off a blocked punt. POSTED 11.29.15

PalCo Marsh Update: The consolidated homeless camp behind the Bayshore Mall hasn’t seen increased tensions, according to reports. Meanwhile, as winter storms set in, volunteers with Friends of the Marsh say they served lunch to over 200 people recently, and a new self-identifying survey for homeless people is causing controversy. POSTED 11.30.15

Still Waiting on Molestation Conviction: More than two years after a Humboldt County jury convicted him of 11 child molestation charges, Timothy Floyd Littlefield is still waiting to learn his fate. A California Court of Appeals will decide whether a declared mistrial will stand, setting Littlefield up for a potential third criminal trial on the charges. POSTED 11.27.15

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Digitally Speaking:

23.28

The percentage of Humboldt’s registered voters who cast ballots in the November election. That’s a higher turnout than four other November elections in the last 12 years. 2013 saw the lowest turnout in recent history with 21.71 percent of registered voters. POSTED 11.24.15

They Said It:

“Troy dedicated his life and put his heart and soul into his effort to protect and restore the Klamath River. He will be greatly missed by all.”

— Yurok Tribe Vice Chair Susan Masten, on the tribe’s Executive Director Troy Fletcher, who died on Nov. 18. POSTED 11.24.15

Comment Of The Week:

“I always thought he was the customer, not the salesman. Interesting!”

— Heather Burger, commenting on Broadway’s iconic logo for Bob’s Fine Cars. POSTED 11.26.15

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December 2015



The North Coast is a leader in concussion research,
but can awareness change an old-school sports ethic?

Story and photos by Grant Scott-Goforth
grant@northcoastjournal.com

It was Labor Day weekend and Alex Yeoman was skidding across the waters of Trinity Lake on an inner tube. Alex was a 16-year-old junior at Arcata High School, a three-sport athlete with a soaring grade-point average who never missed school. On that fall afternoon, Alex hit a funny hop, went flying, caromed off his cousin and into the lake. He came up rubbing his head, but seemed fine.

Later that evening, he barbecued with family and friends. The next day he drove home. That evening, in front of the TV, he didn't feel well. The temple he'd knocked against some bony part of his cousin's body the day before had swollen up. He threw up a few times, but thought it was something he'd eaten.

On the first day back at school he was feeling groggy. He chalked that up to food poisoning until one of his teachers came to him and said, "There's something not right with you."

After classes, Alex went to the school's athletic trainer, who almost immediately called his mom. "I'm certain Alex has a

concussion," he told her.

OK, his family thought: Concussions take a couple weeks to clear up. He'll take a break from cross-country but he'll be fine by the time basketball season starts. SATs lurked around the corner, but that was hardly a concern. "I never thought that three-and-a-half years later I'd be helping him deal with the life changes it's posed for him," says Alex's mom Lynda on a recent morning.

Alex was one of about 4 percent of concussion sufferers who experiences "post-concussion syndrome." No one really knows what happened to his brain on that September afternoon in 2012. He has visited multiple neurologists. Pediatricians cleared him to go back to sports, but he suffered from debilitating headaches at track and dizzy spells in basketball.

Mental strains, like exams or long study periods, sent him into seizure-like states that his family began to refer to as "zone-outs." He visited a vestibular therapist, who helped him with balance and motor skills. He re-taught himself how to learn. His photographic memory is all but gone.

Alex's junior year was tough — he had to step away from sports and deal with regular zone-outs. Sometimes he couldn't finish the school day and his mom left work to pick him up. But the emotional toll didn't really set in until his senior year. He started to feel better, his spells fewer and farther between. But then they'd come roaring back. He realized he wasn't processing emotion well. His traditional stress outlet — sports — became nearly impossible for him, and with the loss of athletics came the loss of his social circle.

The hardest part, Alex explained on a recent afternoon, was from about four months to 15 months after the injury. "Somewhere around there, a lot of people go through this period of skepticism," he said. There's no cast on a concussion for your friends to sign, and you can't see the effects of it all the time. No one outright accused him of faking it, but he could sense it around him. "You get to these days where you sort of question it yourself," he says. "You really learn who your friends are in these situations."

Lynda said she's finally gotten to the

point where she doesn't cry when talking about Alex's injury. "In his senior year, he said, 'If this is how I'm going to be, I don't know if I want to do it any more,'" she recalled.

Alex has gotten much better, but he still suffers from occasional zone-outs. He's maintaining a 3.73 grade average midway through his second year at University of Southern California, and he's able to exercise again. He's finding coping skills, and he's interested in how his experience can help others. But he's still troubled by uncertainties.

"Certainly it's gotten better, but will he ever be the kind of person he was before the head injury?" Lynda asks. "To be honest with you, I would say: probably not. I don't know that the way he learned before will ever be the way that he learns now, completely."

High on the hill at Humboldt State University, up three flights of stairs, smack dab in the center of the university's sprawling sports complex, sits Beth



Above: Beth Larson has seen more than 800 concussions reported in six-and-a-half years as the coordinator of the North Coast Concussion Program.

Left: Humboldt State University athletes, including this year's record-setting football team, are subjects of a growing national concussion research program.

Larson's office.

The coordinator of the North Coast Concussion Program, Larson has decorated her place with a mix of the whimsical and serious — a Bigfoot figurine, a poster of a chimpanzee wearing headphones, printouts of various colorful brain scans and dozens of books about neuroscience. It suits her personality — sincere and determined but with an infectious laugh. Tall and thin, with shoulder length dirty blond hair, Larson looks like an athlete.

As a November dusk sets on the HSU football team's practice, visible out her window overlooking the Redwood Bowl, Larson talks excitedly about the research she began at HSU in 2008 with the help of a national grant to study concussions and depression in high school and college athletes.

She's continued that work. Eventually, with the help of Director Justice Ortega, she developed the North Coast Concussion Program with the goal of furthering "our understanding of the effects of concussion on brain function, motor control and behavior."

Ortega, a biomechanist, has been leading student and postgraduate research about the physiological effects of con-

cussions and aging on motor and balance functions. Larson has been working more on the coordinating side, rallying doctors, students, athletes, coaches, parents and educators in the area to get behind the cause. It hasn't been an easy road, but it's catching on.

If anything's become clear about concussions recently, it's how little we know about them. A concussion occurs from a blow to the head or violent shaking, which twists or bounces the brain in the skull, "stretching and damaging the brain cells and creating chemical changes in the brain," according to the Centers for Disease Control.

"Very simply, a concussion is a traumatic brain injury," Larson says, adding that doctors and scientist are beginning to steer away from inserting the word "mild" before the definition. That's because, while there are a variety of symptoms

that indicate a concussion has occurred, there's no way to tell how bad the concussion itself is, how long it will last or what to expect. "Clinically, there's no litmus test," she says.

The most important thing someone

"... But will he ever be the kind of person he was before the head injury? To be honest with you, I would say: probably not."

— Lynda, Alex's mother

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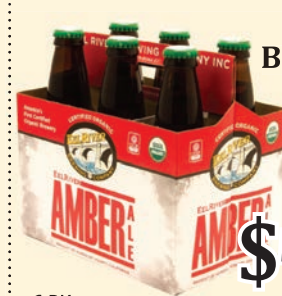
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On the Cover

Continued from previous page

with a concussion can do, Larson says, is stop: Stop playing sports, take a cognitive break, let the brain heal. Usually that takes a couple weeks. Sometimes longer.

The impacts that cause concussions disrupt the 100 billion neurons in our brains that use chemicals to send electrical signals to control our bodies. And while physicians often say concussions aren't structural injuries because they don't appear on CT or other scans, Larson points out that we can't see the "microstructure" of the brain — the tiny pathways the neurons create. At least not while we're alive.

"For me to really be able to see your individual neurons, you have to die and then I would have to dissect your brain," Larson says. "So there's some timing there that's not great."

Post-mortem brain exams have been one of the biggest factors in bringing concussions into America's cultural mainstream. In the early 2000s, a forensic pathologist named Bennet Omalu discovered Chronic Traumatic Encephalopathy in the brain of NFL Hall-of-Famer Mike Webster. The degenerative disease is linked to dementia and other brain disorders and, researchers believed, was brought on by decades of blows to the head. Doctors employed by the NFL quickly moved to discredit Omalu's research (which is the subject of the book *League of Denial* and upcoming Will Smith movie *Concussion*), but scientists, according to *Frontline*, have since discovered CTE in the brains of 87 out of the 91 deceased former NFL players who have volunteered their brains for research.

In several high-profile cases, players have committed suicide by shooting themselves in the chest, reportedly hoping to preserve their brains so researchers could study them intact.

What has grown into the biggest concern for long-term brain health, says Mark Fainaru-Wada, who co-authored *League of Denial* with his brother Steve Fainaru, is not the huge, wince-inducing tackles on football fields, but the repeated sub-concussive blows that many players — especially on the offensive and defensive lines — take on every single play.

Larson also has damning things to say

about the NFL's "risk-management" approach to the concussion issue.

"The NCAA is doing better," she says, "but still not completely transparent when it comes to concussions."

The NCAA, along with the Department of Defense, recently became a big sponsor of the North Coast Concussion Program, awarding a two-year, \$242,000 research grant as part of a \$30 million nationwide initiative.

The funding allows HSU researchers to take baseline brain readings on athletes at 11 local high schools, as well as the university's 420 NCAA athletes. If one of them reports a

North Coast Concussion Program Statistics

Since Aug. 1, 2009

800 Number of concussions seen by the program

60 Percentage of those concussions that have been reported since January 2013

35 Percentage of concussions that were non-sports related

44 Percentage of concussions suffered by 14 to 17 year olds

50 Percentage of concussions suffered by 18 to 25 year olds

Source: North Coast Concussion Program

concussion, researchers will monitor him or her for six months, recording neurocognitive, motor control and behavioral data. Forty other schools around the nation will contribute to the data pool, Larson says, using many different tests to attempt to get a grasp on the concussion issue, which goes beyond sports. The injuries affect veterans and accident victims, and they impact the economy, as well as rates of substance abuse, domestic violence and PTSD.

If research on adult concussions is lacking, similar studies on youth are almost nonexistent, Larson says. All of the media attention is on adults, for one thing, because the most notable cases have revolved around sports stars. Also, huge, huge corporations like the NFL have the

money to shovel toward adult research, self-serving as it may be. Researchers using NCAA funding will focus on student athletes because they're a large population that can consent to research on their own, giving the most impactful statistical results. Researching youth means getting release forms from each and every parent — an arduous task.

It's frustrating, Larson says, especially given the indications that early and regular exposure to concussions and sub-concussive impacts leads to degenerative disease.

"We should be most concerned about the kids and it should trickle up," she says, adding that people's brains are still developing into their 20s. "The whole time we're doing all this research on adults, it's leading to this misconception that kids are

somehow unaffected."

The concussion program's national collaboration isn't its only function; Larson and Ortega have been tasked with creating a concussion protocol to be applied at the California State University System's 23 campuses. Since state law has required youth athletes suspected of suffering concussions to have a doctor sign off on their return to play, the concussion program has helped local pediatricians better evaluate concussions.

Larson says many of her days consist of half-hour conversations with parents and their kids about injuries. "I'm not a counselor, but it's really become a counseling thing," she says. "The biggest part is getting people to understand why it matters."



Nina Carson (left) and Kate Earle, student researchers in the North Coast Concussion Program, demonstrate how they test for balance impacts in concussed people.



Alex Yeoman has been dealing with the physical, academic and emotional toll of a severe concussion he received more than three years ago. The hardest part, he says, is dealing with peoples' skepticism about his injury.

Some of the biggest stumbling blocks have tradition-bound, venerated institutions like high school sports, which celebrate on-field resilience. That old sport ethic — “Don’t come off the field unless you’ve got a visible bone sticking out of your leg, and even then ...” — has gotten Larson cussed at and hung up on.

“If you have a parent, who on the side is saying, ‘Oh, well I got my bell rung 85 times and I turned out fine,’ occasionally I have to say, ‘Well sir, fine may be relative. Have you always had this temper?’” she recalls with a slight chuckle. “At one time, we thought cigarettes were good for us as well; we wear seatbelts now, even though our grandmothers survived without them.”

Perhaps unsurprisingly, the biggest turnaround comes when a kid is injured and parents become involved. That’s exactly what happened with Lynda Yeoman, Alex’s mom, who is the principal of Sunny Brae Middle School in Arcata.

Alex has learned coping mechanisms over the last several years, identifying what can trigger headaches and zone-outs, and how to best recover when he’s afflicted. He’s proactive at school, going to his professors at the beginning of semesters and explaining his problem and how it might affect his schoolwork. So far, his professors have been accommodating and responsive, largely, Lynda thinks, because he approaches them before there’s an issue. Alex’s zone-outs aren’t so much the problem anymore, Lynda says. It’s the three-to-four-day stimulus-free recovery period he needs: College doesn’t exactly stop for three or four days when Alex needs it to. Occa-

sionally, Lynda will help him keep up in the following days by reading to him from his textbook over the phone.

Lynda’s personal experience has made Sunny Brae Middle School a concussion-aware campus. Her students call her “the Concussion Nazi” — a title she’s not ashamed of — because she’s instated a policy that may be the only one of its kind on the North Coast, let alone the state.

If parents notify the school that a child has been diagnosed with a concussion, Lynda confiscates the kid’s books and notebooks. She doesn’t let the student access online schoolwork — changing passwords if necessary. She sends the student home until he or she is completely asymptomatic. And when the student returns to class, he or she is excused from making up the missed work.

“And that is non-negotiable to me with my staff,” Lynda says. “Every time you engage your brain cognitively [after a concussion] it’s like running on a sprained ankle. That’s the part that researchers are just starting to understand.”

Yeoman’s policy may seem like an overcorrection, a response to her son’s particularly nasty concussion. After all, 95 percent of concussions clear up in a matter of weeks. But Larson says general science indicates people should take a cognitive, physical and emotional rest after a concussion. For some, it might clear up in a day. Others, weeks. But the point is, she says, students should be allowed to take a break and return on a case-by-case basis.

Continued on next page »

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It's particularly hard for driven students, she says, but that's why her policy is particularly necessary. "We can educate parents and we can educate coaches and we can educate students, but if we don't innately and specifically change the structure of school for kids who are recovering from concussions, it doesn't matter how much education we give them; we're not going to change their behavior."

Lynda has been proselytizing this practice at meetings with other local schools, but she doesn't think it's catching on. There's still a distrust, a concern that students would take advantage of the still-ambiguous ailment to get out of schoolwork. Sure, that may happen, Lynda acquiesces, but without an individualized recovery program for students, she says, it's the academically driven kids who are going to suffer. They'll play through the pain, as it were, even though, "In the big picture of middle school and high school, if they miss a unit it's not going to alter their life forever," she says.

While the concept of academic rest may not be catching on, there has



Trainers attend to an injured Augustana University football player in the round one playoff game at Redwood Bowl in November. Researchers are beginning to equate playing — and studying — with a concussion to running on a sprained ankle, and are recommending immediate rest upon signs of a brain injury.

been wider acceptance that youth who suffer from concussions need athletic rest. State law now mandates that youth athletes be cleared by a doctor before returning to sports. Still, Larson estimates, 50 percent of concussions go unreport-

ed and Alex Yeoman — speaking from experience — says an athlete determined to return to the court or field can deceive a doctor's exam, even if he or she is still suffering.

But sports are also starting to limit kids' exposure to physical contact; there's less hitting time in football practices, kickoff returns have been shortened to reduce high-speed impacts, and students under the age of 12 are discouraged from heading the ball in soccer practices and matches. Gone are the days when a machine launched soccer ball after soccer ball at kids' heads as a rote training, Larson says, though she still gets die-hard parents who say, "You have a 12 year old and the ball is coming at your head, what other option do you have?" They're so impassioned. Well, um, I mean, you could always duck. ... When the potential is brain damage, there is another option."

One might expect expanding concussion research to worry high school athletic directors and coaches. A *Wall Street Journal* report showed that the number of kids aged 6 to 18 playing organized football dropped 5.4 percent between 2008 and 2014, and experts have attributed that to increasing awareness of concussions.

Meanwhile, the number of reported concussions has gone up

in recent years, potentially another sign of increased awareness; Larson attributes the spike to increased reporting, not increased concussions. The North Coast Concussion Program has seen more than 800 youth and adult concussions since fall of 2009, about 65 percent of which were sports related.

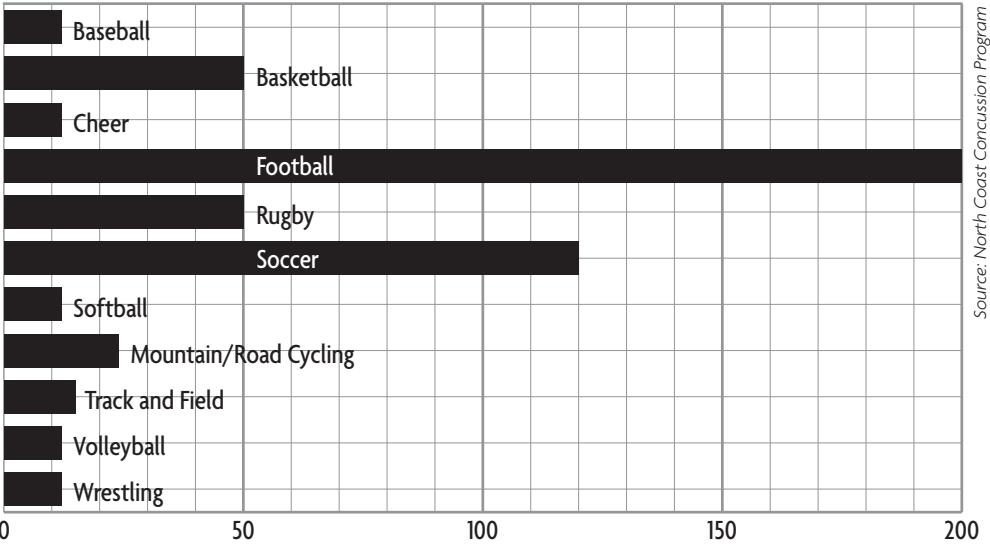
But local coaches and athletic directors have embraced the concussion program, Larson says, even the few holdouts from the bell-ringer school of thought.

Jack Lakin, the Superintendent/Principal of Ferndale Unified School District, has been involved in youth sports for decades. "We've had concerns about the ability to establish a concussion protocol for some time now," he says.

New state laws and national publicity have gathered momentum toward getting schools to ensure reporting and develop concussion response plans. But with that came increasing pressure on coaches to recognize concussions and act accordingly, Lakin says. "We were relieved when we were able to develop a partnership with Humboldt State, which helps educate the coaching community ... and they have that testing capability to determine if someone has a concussion."

Lakin says the partnership puts the North Coast on the forefront of the state when it comes to addressing concussion issues. McKinleyville High School social studies teacher and Athletic Director Dustin Dutra says the school's next step is to better coordinate communication between coaches, nurses and teachers. At this point, he says, it's largely

Concussions Reported by Sport



Source: North Coast Concussion Program

Numbers are approximate, as reported by the North Coast Concussion Program and recorded since Aug. 1, 2009. It's also important to keep in mind that these numbers aren't an accurate reflection of the comparative risk of any of these sports as there are many variables. The program works directly with local high school and college athletes, so the sports with more participants are likely to have higher numbers. For example, consider that while hundreds of high school and college students play competitive soccer and football annually, fewer than 100 compete in rugby. Additionally, the numbers indicate almost no sport to be without risk, as golf, tennis, water polo, swimming, roller derby, diving, equestrian, gymnastics, lacrosse, martial arts, motocross and rowing/crew all reported small numbers of concussions in the sample period.

up to parents to explain that absences or declining academics are due to concussion symptoms.

And while Dutra and Lakin say there appears to be slightly declining enrollment in high school football on the North Coast, neither is ready to make a direct connection to increasing concussion concerns.

A couple days before Thanksgiving, Alex Yeoman is on back home on break from school. A tall, muscular 19-year-old, he's got a boyish face under short, unkempt blond hair. A friend asked him to help coach basketball camp at the Arcata Community Center, and he's standing outside the gym cooling off. He's finally been able to exercise again in the last few months without debilitating headaches.

After tinkering with broadcasting classes his first year, Alex changed his degree to cognitive sciences, a more intellectually demanding field. He says he'd love to go around spreading the message about concussions, but he's busy with school. His mom thinks his change of major is an acknowledgment that he wants to turn his experience into something that can help other people, even if concussions are so individualized. In 10 years, he thinks, cognitive science will have advanced to the point where the blanket term "concussion" will be abandoned — or at least modified to reflect the vast array of damage a "mild" traumatic brain injury can produce.

He talks about his injury, but his eyes really light up as he and his mom talk excitedly about USC football — they've got tickets to the upcoming PAC-12 championship game, and they're hoping USC beats rival University of California Los Angeles to make it to the finals.

Larson grew up loving sports, too. She says she used to tell people she wished that she'd been a boy so she could play college football. When she lived in New Orleans, she had Saints season tickets.

"And ..." she pauses, with a sad laugh, "personally, I haven't — and I can't — I haven't been able to watch a football game in years."

She's not asking anyone else give up that pleasure, but it's soured on her. "That is no longer part of the fun in my life," she says. "I started saying to myself, 'As a viewer, what am I saying? I'm saying I

want for grown men ... to knowingly cause themselves brain damage so that I can pay money to this multibillion-dollar organization to encourage this type of behavior. It starts to taste bad."

Everyone the *Journal* spoke with agreed that sports ethics are the fundamental crux of embracing concussion protections and treatment. "For generations, a source of pride was sucking it up and playing through," Lakin says. "Overcoming that type of culture ... changing attitudes about sports is the biggest challenge."

Much emphasis has been put on football, and perhaps rightly so. The sport has surged in popularity nationwide, coinciding with marketing that cranked up the volume on helmet-to-helmet impacts in promo materials. As Fainaru-Wada puts it, "The sport is built on its violence. That's why we all love it."

Dutra says Larson has made herself widely available to parents, coaches and students in the area, which means she's taken most of the heat from parents clinging to old ways. As awareness has grown over the last few years, he's had to deal less and less with people upset about changes to gameplay in response to concussions.

"Nobody's trying to end football," Dutra says. "At the same time, anything to keep people safe and able to enjoy a long healthy life — that's important."

One can argue that adults can do whatever they choose, but that's exactly Larson's point. The long term effects of concussions are just beginning to come to light, meaning generations of competitive athletes never got to make an informed choice.

As a generation of young athletes grows up learning how to tackle properly, or to avoid heading a soccer ball and, instead, develop other skills, gameplay will naturally change. Still, as Dutra says, "Some athletes are stubborn enough that experts need to make that decision for them."

The premise of any sport is to do it faster, stronger and harder than your opponent. Larson's research is about finding ways to avoid concussions and properly treat them. "As a sport lover, I don't want it be in the hands of lawsuits and legislators," she says. "I want people to make good, common sense, proactive decisions to try to protect athletes and sports." ●

"And personally, I haven't — and I can't — I haven't been able to watch a football game in years."

— Beth Larson

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Down and Dirty

Armchair Gardening

Cold weather reading

By Genevieve Schmidt

downanddirty@northcoastjournal.com

While our recent rains have been welcome from our drought-ridden perspective, they do make it more challenging to get out and actually, you know, garden. Walking on the wet ground can compact soil, and there's nothing like weeding under a tree when a stiff wind blows, knocking huge droplets of water down the back of your neck (brrr!). Luckily, I have a solution that should work for even the most enthusiastic gardener: Take a break, cuddle up with a garden book, and hope for a few clear patches in January for all of that winter pruning we have on our to-do lists. Here are some new favorites you may not have heard of, perfect for winter reading, or for giving to that special gardener on your holiday list.

Gardener's Yoga by Veronica D'Orazio

On first glance, I thought this would be one of those silly gift books with fluffy contents that don't really fulfill the promise of the book, but I picked it up anyway, guided by fond memories of a Feldenkrais class I once took on gardening without strain and pain. I was thrilled to find that this charmingly illustrated, classy little book is filled with useful poses, each with a description sharing what the pose does for your body and how that helps during specific gardening activities.

The book is organized into the four seasons, with each section addressing the most common movements and activities done in the garden during that season. Each pose is given a full-color, full-page illustration to show how to do it, set against a backdrop of botanical sketches. A clear flowchart in the back shows which poses are good for which parts of the body, so if you're suffering from sore muscles or lack of strength in one area, you have a handy cheat sheet as to what to focus on in your next practice. Though dedicated yogis may already be doing many of these straightforward poses, I found making the connection between the seasonal tasks I'm doing and the yoga poses that help made me feel enthused to actually do them, which is half the battle in staying fit and strong.

Garden Made by Stephanie Rose

If you're a fan of the blog GardenTherapy.ca, you will already be familiar with the type of stylish yet easy DIY projects featured in this book, subtitled *A Year of Seasonal Projects to Beautify Your Garden and Your Life*. My favorites? The modern concrete planters for succulents or other small plants seem made for holiday gift-giving, as so many succulents look great year-round and can be kept thriving, even by those with a black thumb. She elevates these simple planters by using abstract stripes of brown and black concrete dye to add a contemporary touch.

I also love the felted acorn magnets, which pair the top of a real acorn with colorful felted balls and a magnet to create a cute, lightweight, gift-worthy set of magnets that would be great stocking stuffers, and easy to ship to faraway friends. Lastly, she has a tutorial on making those trendy bug hotels that are one part habitat for beneficial insects, and one part garden art. By using pine cones, twigs of varying sizes, bamboo stems and seed heads or lichen, she shows you how to build your own frame and artfully pair materials to make your own. I have a small cameo in the book, a sidebar about mosquito-repelling plants with colorful foliage for an unusual touch.

What's Wrong with My Houseplant? by David Deardorff and Kathryn Wadsworth

This line of books — which includes thorough-but-accessible titles on diagnosing issues in landscapes, vegetable gardens and fruit trees, and treating them organically — now includes this version about houseplants. From my perspective, it's not a moment too soon. As an outdoor gardener, houseplants often perplex me, with the most unlikely specimens growing with booming health in my house, and other varieties that seem easy dying despite my best intentions.

The book starts with a simple encyclopedia of common houseplants, so if you know what you have, you can look



Scratch your winter gardening itch with a new book.
Genevieve Schmidt.

up its preferences and provide the best care from the start. But the real meat of the book is in the last 50 pages, where it targets the most common issues houseplants face and tells you in clear language what to do about it. If this book can help me keep from killing one houseplant, it's essentially paid for itself.

If choosing books for holiday gift giving, pair this one with Steve Asbell's *Plant by Numbers*, which is filled with inspired indoor planting designs that gardeners can experiment with on rainy days.

Garden-inspired coloring books

Coloring books for grown-ups have been all the rage lately. They pull you away from that twitchy, must-check-Facebook-from-my-phone-every-two-minutes state of mind, and put you into the present moment. So many of us don't think of ourselves as artistic people, or talented in that way, but coloring books are so fun and easy that our inner sensors will often get out of the way long enough for us to enjoy exploring the creative side of ourselves. These coloring books are printed on thicker paper than a usual book, so your finished drawings are actually nice enough to cut out and frame.

There are a few of particular note for gardeners. *Color the Natural World* by Zoe Keller is from Timber Press, which is known for its high-end garden books for professional and passionate gardeners. The author of this one is based in Portland, so while she hits high notes from across the country, like desert cacti and prairie foxes, the book leans heavily on scenes from closer to home. Though it's not specific to gardeners, there are tons of plants making up the verdant backdrop of each page, so you won't find yourself low on botanical things to color.

The other two I particularly like are Joanna Basford's *Secret Garden* and *The Enchanted Forest*, both of which have

lots of tiny, slightly trippy floral and garden patterns, with snails, secret garden hideaways and overgrown fantasy gardens. Many of the pages have the patterns in a shape like a frame or a garland, so you can use them to make your own artistic photo frames or decorate scrapbooks or photo albums.

Girl Waits with Gun by Amy Stewart

Though this novel has nothing to do with the outdoors, Humboldt gardeners are surely familiar with local author Amy Stewart's writing from her longstanding garden column in the *Journal*, and her bestselling books about gardening and the natural world, like *From the Ground Up*, *Wicked Plants* and *The Drunken Botanist*. So after reading the first novel in her new series, *Girl Waits with Gun*, and loving it so much that I've been eagerly waving it in front of anyone who would stand still long enough, I'd feel remiss not to mention it here.

It's based on the real-life adventures of the feisty Kopp sisters, who lived at the turn of the 20th century. After a local gangster and powerful silk manufacturer runs their buggy off the road, the sisters, trying to retrieve the \$50 payment owed to them for repairs, inadvertently stumble into a world of crime and danger. As expected, Stewart's writing is witty and fast-paced, and the strong and quirky female leads kept me up past bedtime wanting to know what would happen next. While we gardeners are holed up waiting for clear weather again, this is an excellent way to pass the time. ●

For a detailed monthly to-do list, visit www.northcoastjournal.com/GardenTodo.
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Art Beat

My Precious!

Metalpoint drawings at the Morris Graves

By Gabrielle Gopinath

artbeat@northcoastjournal.com

Metalpoint drawing is unforgiving. This technique involves inscribing specially prepared paper with a stylus tipped with a soft, usually precious metal like silver, platinum or gold, so that a trace of the metal is left on the surface. The fine point allows for the incision of astonishingly delicate, precise lines. Lines cannot be easily erased. Hesitation and revision are not options. Metalpoint is demanding, and relatively few artists working today have mastered its possibilities. The Morris Graves Museum's William Thonson Gallery hosts a new show this month featuring the metalpoint work of contemporary graphic artists.

This traveling exhibition was curated by Jeannine Cook and Jeffrey Lewis, based respectively in Georgia and Alabama. Their show brings together 43 works by contemporary artists from the US, the UK and Australia, most of which feature exquisite surfaces and opulent-sounding materials lists.

These intimate works are meant to be examined close-up. At a distance they are difficult to see. Up close, the metalpoint line literally shines. Softness and precision, two qualities often considered in mutual exclusion, coexist in balance here. The silverpoint drawings exude a plush bloom that recalls the characteristic lustre of a daguerreotype — the 19th century photographic process that also relies on silver's rapid oxidization to generate images.

Jeannine Cook's silverpoint drawing "Ligneous Connections" exemplifies this quality. Softly glowing, needle-fine lines form intricately twisted fibers that invite the eye to follow along, elevating the subject beyond most botanic illustration.

A.J. Smith's small silverpoint "Boy from Jonestown, MS" depicts an African-American child's pensive face in delicate, meltingly tender tones, demonstrating how beautifully the medium can lend itself to portraiture.

As Canadian media guru Marshall McLuhan informed us in the 1960s, the medium is the message. That still holds true today — in fact, hasn't the truth of McLuhan's groovy insight become even

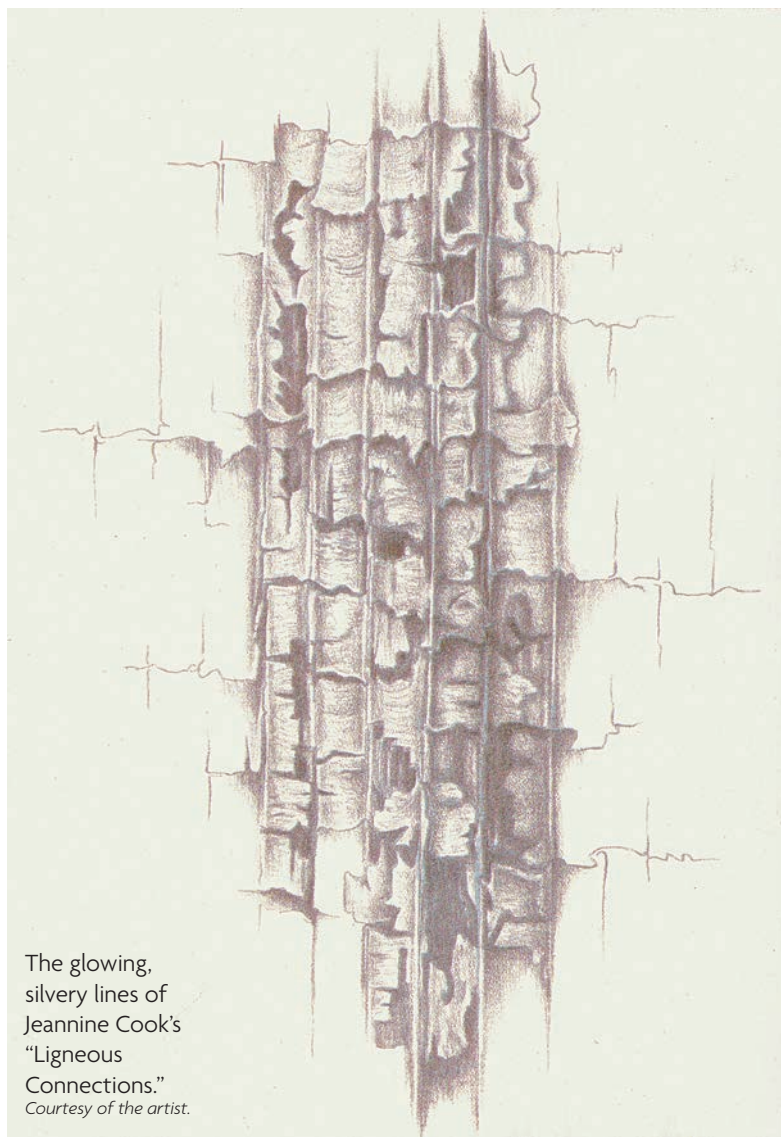
clearer since the advent of fully interactive digital communications in the early aughts? A vessel shapes its contents, and a tweet is not an epic poem. This principle holds especially true when it comes to an exhibition organized, like this one, to explore the visual possibilities of a single class of mark-making substances.

The history of the medium turns out to be a long and storied one. During the Renaissance, silver and gold became popular draftsman's materials across much of Europe, and Leonardo da Vinci, Albrecht Dürer and other giants used the technique to make drawings of stunning delicacy and detail. This golden age was over by the middle of the 16th century, when cheaper graphite supplanted metalpoint. The technique was essentially abandoned until the 19th century, when Victorian-era moderns looking to go back to the future revived it along with other pre-modern styles, like Quattrocento painting and Gothic architecture.

Metalpoint's difficulty, expense, aristocratic provenance and inherent preciousness mean it's not poised for mass adoption anytime soon. And yet it seems to be having a moment. This traveling show coincides with a major survey of the medium currently garnering rave reviews at the British Museum, which features works by some of the same artists, like Susan Schwalb (check out the exhibition website or better yet, the catalog for an interesting point of comparison).

No doubt the medium's appeal has a lot to do with the fact that it is so removed from the disposable easiness that characterizes so much of our culture. Artists who choose to draw with precious metals can seem a little like those currency reform advocates who want to return to the gold and silver standards. When people's experience of work and social interaction is increasingly virtual, precious metals provide a powerful metaphor for substance. At the same time, the tradition-sanctioned, but essentially arbitrary selection of these metals to embody value suggests a disturbing void at the root of our shared fascination with them.

In short: Metalpoint's preciousness



The glowing, silvery lines of Jeannine Cook's "Ligneous Connections." Courtesy of the artist.

challenges contemporary sensibilities, and the artists in this exhibition respond to that challenge in different ways. The most memorable works here have been produced by those artists who think most carefully about the implications of their material selection.

Some acknowledge the medium's past by depicting contemporary subjects in ways that recall past imagery. The young subject of Koo Schadler's tiny, sensitive silverpoint portrait "Profile of Lily with Pearl Buttons" is clearly contemporary, but the bust-length profile view evokes comparisons to Renaissance portraits. Gordon Hanley takes a different approach — he doubles down on ostentation, using precious metal to represent glittering, beaded, feathered objects. Hanley's painstakingly executed "Mysterioso" depicts a blonde in a Mardi Gras mask who shoots us a challenging glance, possibly warning us away from such literal responses to opulence.

Other artists accentuate the medium's essence by minimizing their subjects. Schwalb's "Toccata #31," one of only a few abstract works in the exhibition, uses silver and bronze to trace a softly burnished array of horizontal stripes on heavy, cream paper. The result looks, literally, like

money.

How many angels could dance on the tip of Jeffrey Lewis's silverpoint stylus? Lewis's still life "Bowl and House" makes you think luxurious materials shine best when used to limn the barely-there. The drawing shows an empty bowl resting on a table inside a plastic Tupperware-style container. Deliberate, almost Franciscan poverty of content calls attention to the artist's wizardly technical command. At the same time, the subject is not superfluous.

In fact, the disposable container featured here, with the small bowl held in pristine uselessness within it, conjures suggestive ideas about sterility, vacuums, values and voids. It looks like Lewis has studied his Jeff Koons. Here we have a drawing that is, in the highest tradition, a work of almost pure style: a work about next to nothing, characterized by what the novelist Edward St. Aubyn once termed "an inherent density of reflection on the medium in which it took place: the black backing that makes the mirror shine."

Lustrous Lines: Contemporary Metalpoint Drawings shows in the Morris Graves Museum of Art's William Thonson Gallery through Jan. 3. ●

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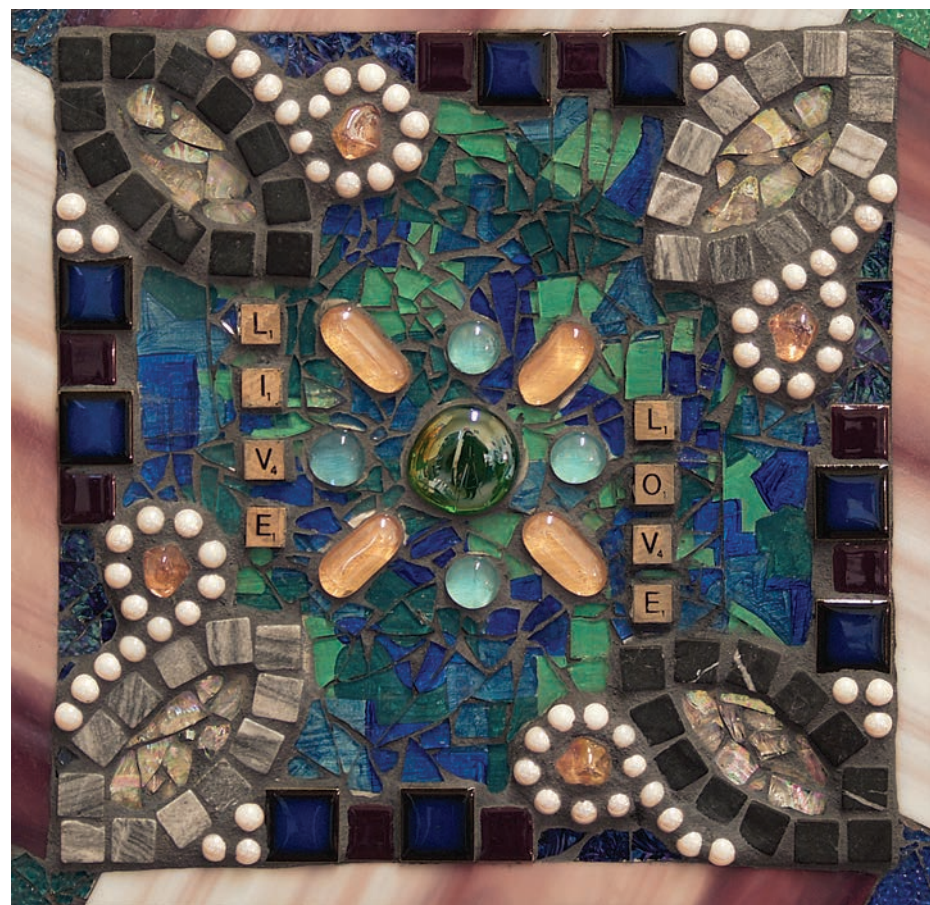
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Arts Nights



Artwork by Ken Waldvogel at the Cheri Blackerby Gallery

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A TASTE OF BIM 613 Third St. Artist TBA.

ADORNI CENTER 1011 Waterfront St. Howdy
Emerson, pastels; Paul Rickard, watercolors;
Barbara Saul, pastels; Soheila Amin, mixed
media.

ALIROSE 229 F St. Susan Strobe, floral paintings.

BAR FLY PUB AND GRUB 91 Commercial St.

Kathleen Bryson's private collection.

BAYFRONT RESTAURANT 1 F St. Plaza Richard
Duning, paintings.

BELLA BASKETS 311 E St. "Jazzicalglass," Robin
Prator, mosaics; Scott Rowland, handcrafted
wood tables.

BELLE STARR 405 Second St.

Natalya Burke, paintings.

BLACK LIGHTNING MOTORCYCLE CAFÉ 404 F
St. Dean Welch, motorcycle artwork. Music by
Gold Brothers Band.

BOLLYWOOD INDIAN CUISINE 535 Fifth St. Belly
dance performances.

BOOKLEGGERS 402 Second St. Linda Stansberry,
local author, signs copies of her first novel,
The Trinidad Mystery from 6:30-9pm.

BRENDA TUXFORD GALLERY 325 Second St.
Ink People Center for the Arts presents "The
Open Heart Show," open community art show
with a love and forgiveness theme.

C STREET STUDIOS & HALL GALLERY 208 C St.
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CALIFORNIA MENTOR 317 Third St. #4 "Birdhouse in Your Soul," Trajectory group show.

CHAPALA CAFE 201 Second St. Kylan Luken, photography.

CHERI BLACKERBY GALLERY and THE STUDIO 272 C St. "Colorful Kaleidoscope," Ken Waldvogel, solo exhibition.

CIA (Center for Insane Artist) GALLERY 618 Second St. (above the Art Center Frame Shop) Marnie Cooper, Kat Bones, Blake Reagan and Barry Post.

CIARA'S IRISH SHOP 334 Second St. Sam and Angela Lundeen, oils and acrylic.

CLARKE HISTORICAL MUSEUM 240 E St. Patricia Sennott, artwork. Music by Redwood Dixie Gators.

CORNUCOPIA 425 Snug Alley Music by Pure Mongrel.

DALIANES TRAVEL 522 F St. "Watercolors of the Humboldt and California Landscape," Paul Rickard and Jody Bryan.

DICK TAYLOR CRAFT CHOCOLATE 4 West Fourth St. Live music and mini chocolate tours.

DISCOVERY MUSEUM 612 G St. Kids Alive "Holiday Gift Making." 6-9 p.m.

EUREKA BOOKS 426 Second St. "The Extraordinary Voyage of Kamome," Lori Dengler and Amy Uyeki, book signing.

EUREKA INN 518 Seventh St. Traditional tree lighting ceremony from 5 p.m. to 6 p.m. followed by performances from choirs, bands and orchestras. Make Me Laugh Comedy Show, 9 p.m.

EUREKA THEATER 612 F St. Eureka Theater transforms into a speakeasy to celebrate the anniversary of the repeal of prohibition on December 5, 1933 with a screening of *Chicago* (the movie). Cocktails 6:30, showtime 7:30.

EVOLUTION ACADEMY FOR THE ARTS (formerly Eureka Studio Arts) 526 Fifth St. "Dynamic Drawing," Arcata Arts Institute; participate in public art project: snowflake cutouts, materials provided; Guy Joy, paintings.

F ST. FOTO GALLERY at Swanlund's Camera 527 F St. "From the Boardwalk," Redwood Camera Club, Thomas Bethune, Allen Bird, Pam Cone, Steve Conger, Sharon Falk-Carsen, Jack Hopkins, Rose Kidder, John Lynch, Mary Ann Marchi, Greg Nyquist, Joe Ortiz, Stilson Snow, Diane Williams and Willam Ward.

FOREVER YOUNG BEAUTY SALON 308 Second St. Client appreciation night. Drinks, treats and photo booth fun. Scentsy with Jamie Biagi, The Lovely Muse with Aja Fisher, and Cleo&Isabel with Ericka Hostler.

GALLAGHER'S IRISH PUB 139 Second St. Ron

Thompson, oil paintings.

GOOD RELATIONS 223 Second St. "My Camera's Path," Karen Mason, photography.

HERE & THERE 339 Second St. Zak Shea, WoodinArt. Music by Curiosities.

HSU FIRST STREET GALLERY 422 First St. "I Was Born, But ...," Tsuya Pratt, paintings; "Ceramic," Kit Davenport, Nancy Frazier, Cooper Goldman, Ryan Hurst, David Jordan, Peggy Loudon, Louis Marak, Scott North, Michael Pearce, Keith Schneider, Meredith Smith and Shannon Sullivan.

HUMBOLDT ARTS COUNCIL at the Morris Graves Museum of Art, 636 F St. **Performance Rotunda:** Music by The Babes. **William Thonson Gallery:** "Lustrous Lines: Contemporary Metalpoint Drawings," 43 drawings, principally in silver and gold. **Knight and Anderson Galleries:** Annual Humboldt Arts Council Member Show, juried exhibition. **Homer Balabanis Gallery:** Humboldt County artists.

HUMBOLDT BAY COFFEE 526 Opera Alley Jan Hollander, watercolors and oils; "Rooted in Silver," Sarah Browning, jewelry. Music TBA.

HUMBOLDT CHOCOLATE 425 Snug Alley Rob Hampson, artwork.

HUMBOLDT HERBALS 300 Second St. "Birds of Costa Rica," Deborah Ketelsen, photography. Music by Blazz.

HUMBOLDT REPUBLIC 535 Fourth St. Screen prints.

JACK'S SEAFOOD RESTAURANT 4 C St., Suite B Richard Dunning, paints. Live jazz trio.

KATHLEEN AMELIA PHOTOGRAPHY 622 Second St. Kathleen Amelia, photography.

KUTTHROAT BARBER LOUNGE 415 Opera Alley. Jackson Falor Ward, artist. Kylan Luken, photography.

LINEN CLOSET 127 F St. Meet artist Patti Lohr of Deja Vux! Jewelry.

LIVING THE DREAM ICE CREAM 1 F St. Jackson Falor-Ward, drawings.

LOTUS STUDIO 630 Second St. Steve De Witt, paintings.

MARINE APPLIED RESEARCH AND EXPLORATION 321 Third St. HD marine submersible photography. Photo raffle.

NORTH COAST DANCE 426 F St. *Nutcracker* open rehearsals.

NORTHERN CALIFORNIA INDIAN GIFT SHOP 517 Fifth St. Kelly Flesher, artist.

OLD TOWN ANTIQUE LIGHTING Second and F streets. John Palmer, landscape oil paintings.

OLD TOWN ART GALLERY 417 Second St. 2D artists.

OLD TOWN COFFEE and CHOCOLATES 211 F St. Humboldt Republic, canvases. Music by Jim Lahman Band.

OLD TOWN JEWELERS 311 F St. Lauren Lester, Alpine watercolors.

ORANGE CUP CORAL SALON 612 Second St. "Local Color," Sarah Leshner, Anna Sofia Amezcua and Rob Hampson, paintings. Humboldt

Hardware, woodwork; Music by the Hip Replacements.

PIANTE 620 Second St. Randy Spicer, paintings and sculpture.

PRIMATE TATU 505 H St. Michael Arneson, artwork.

RAMONE'S 209 E St. Caitlin Fowler, acrylics. Music by Soulful Sidekicks.

REDWOOD ART ASSOCIATION 603 F St. Holiday art exhibition and sale.

REDWOOD MUSIC MART 511 F St. Music by Ryan Bridwell.

RISING ESSENTIALS MASSAGE & NATURAL HEALING 519 F St. "Empower Your Senses," open house. Japanese Tea Ceremony led by Lauryn Axelrod; Chakra artwork, Susan Kimpel. Music by Holly McLaughlin.

SHIPWRECK 430 Third St. "The Vintage Collection," photographs by Amy Kumler, featuring vintage and handmade selections from Shipwreck.

SIDEWALK GALLERY at Ellis Art and Engineering, 401 Fifth St. "Psychedelic Mexican Surf Arts," Alex Escudero.

SMUG'S PIZZA 626 Second St. Brandon Garland, pen and ink.

STEVE AND DAVE'S First and C Streets. Barry Evans, photography. Music by Dr. Squid.

STONESTHROW BOUTIQUE 423 F St. "Running in Circles," Mario Torres, stencil work.

STRICTLY FOR THE BIRDS 123 F St. Gary Bloomfield, artwork.

STUDIO 424 424 Third St. "Naturally Occuring," Dave Zdrazil and Shannon Sullivan, sculpture and pottery.

STUDIO S 717 Third St. "Past and Present," Representational Art League, watercolor, oil, acrylic.

SUMMIT FUNDING 108 F St. Take photos with Santa, Phoenix Photography and Photo Booth. Glass artwork by Susan Galliani, Janice Stewart.

SUNROOM STUDIOS AT HUMBOLDT HONEY WINE 130 West 4th St. Paul & Heidi Leslie, pottery.

TALISMAN BEADS 214 F St. Annual Advent calendar, artists donate artwork and every day a new piece is unveiled. Raffle benefits Old Town Beautification.

THE LITTLE SHOP OF HERS 416 Second St. Janice Savonen, illustrations, paintings and mixed media.

THE LOCAL 517 F St. Dre Meza, mixed media.

THE PHILOSOPHER'S STONE GALLERY 218 F St. Marisa Kieselhorst, watercolors.

THE WINE SPOT 234 F St. "Stagecoach Robbers in Old Town," Bob and Donna Sellers, story art.

TRUCHAS GALLERY/LOS BAGELS 403 Second St. Pedro Cruz Pacheco, paintings.

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Rollicking Through the Redwoods

Dell'Arte's 35th annual holiday show

By Pat Bitton

frontrow@northcoastjournal.com

Erin Johnston as the girl in the hood.

Photo by Janessa Johnsrude

If you're looking to inject a little magic into the holiday season, *Li'l Red in the Redwoods* would be a fine place to start. Based on the classic Little Red Riding Hood folk tale, this production draws on myriad sources from around the world, including the cultures and traditions of the multinational cast.

The "Little Red Riding Hood" most of us are familiar with was published by the Brothers Grimm in 1812, but there have been many other tellings, both before and since. In Europe, the story dates back to at least the 10th century, and first appeared in print (with a much less happy ending) in 1697 at the court of Louis XIV in *Tales and Stories of the Past with Morals* by Charles Perrault. There are versions in North Africa, where it's known as "Kabylia," in Russia, where it shares roots with that other lupine tale "Peter and the Wolf," in the ancient Norse Elder Edda, and in many parts of Asia. We've also seen the little girl in the red cape pop up in *Into the Woods*, *Shrek*, and other modern morality tales.

Suffice to say that the students and staff of Dell'Arte have created an inspired and inspiring interpretation of this story for the ages — 75 minutes of song and dance, mystery and drama, and laughter that bring a message of hope and humanity in challenging times.

The story begins as the villagers discover to their horror that Penny, the Christmas chicken owned by Farmer Henry (Buba Basishvili), has gone missing. The Christmas chicken must produce the Christmas egg — so without Penny, there can be no eggnog, no joy, no Christmas. Has she been stolen? Has she been eaten by a wolf? Beatrice the Gossip Woman (Vide Tayebati) may have seen a wolf, but no one can understand a word she says.

And the only clue, found by Clarence the Neighborhood Watchman (Yiouli Archontaki), is a scrap of fabric left on a fence. Mr. Donald the Mayor (Robi Arce) opines in Trump-ish fashion that the only solution is to build a wall around the town, but Li'l Red (Erin Johnston) won't accept any solution that prevents her forest-dwelling grandmother from visiting for Christmas.

Meanwhile, Li'l Red's mother (Grace Booth) is embarking on a romance with self-described village macho-man Robert the Hunter (Jared Mongeau). Li'l Red does not approve. As she sulks in her bedroom, she hears a noise outside. Why, it's Penny (Kate Tobie), the missing Christmas chicken!

Li'l Red convinces Penny the safest place to hide out would be her grandmother's house. As they head out into the forest, Penny learns more than she ever wanted to know about Grandma (Tone Haldrup Lorenzen), who, in a nod to Perrault, is retired from a life as an exotic dancer in Versailles. Along the way, they encounter a stranger, who turns out to be Bako the Wolf (Yan Christián) in disguise.

Back at Li'l Red's house, the panicking villagers are forming a search party to look for the missing pair, which takes them on a whole other set of adventures involving GPS devices, hunting songs and a crossbow. A litany of mistaken identities and false assumptions follows, along with some stunningly groan-worthy jokes, before we learn that a happy Christmas might just be in the cards for everyone — except possibly the person who really took Penny.

Lynnie Horrigan's sets shift seamlessly between the stark, eerie Forest of Doom and Li'l Red's and Grandma's cozy cottages, and her costumes are in the best

British pantomime tradition. Tim Gray's evocative sound design and Michael Foster's lighting perfectly support the story arc, and the ensemble song-and-dance numbers effectively punctuate the production. The performers disappear completely into their characters and are ably guided as always by Producing Artistic Director Michael Fields.

Li'l Red's adventure is a universal tale that is by turns cautionary (beware the wolf, whether animal or human, always obey your mother) and restorative (tolerate differences, trust that goodness will triumph). It's colorful, lively, funny and very Humboldt — just what we need to remind us what the holidays are about.

This is the 35th year for the Dell'Arte holiday show tour, and it represents the best of what the North Coast has to offer for family entertainment. It's designed for adults and children to enjoy together, and there was clearly a great deal of enjoyment being had by the packed Carlo Theater on opening night. Most performances are free, thanks to the generous support of local schools and businesses, and audiences are encouraged to bring donations of non-perishable food items that Food for People will distribute to families in need throughout the holiday season.

The show will tour throughout Northern California and Southern Oregon with performances in Cave Junction, Orick, Point Arena, Redway, Scotia, Bridgeville, Loleta, Klamath, Burnt Ranch, McKinleyville, Trinidad, Eureka and Arcata. More information at www.dellarte.com or by calling 668-5663.

Continuing

You can still enjoy a fresh/old-timey take on a classic with the entertaining and

sharply timed *It's a Wonderful Life Live Radio Play* at **North Coast Repertory Theatre** through **Dec. 12**, with Thursday, Friday and Saturday shows at 8 p.m. and a Sunday matinee on Dec. 6. See www.ncrt.net or call 442-6278.

Redwood Curtain Theatre puts the bug in humbug with *Cricket on the Hearth*, a musical adapted from the Charles Dickens holiday classic. The tale of misers and imposters runs **through Dec. 13** with 8 p.m. shows on Fridays, Saturdays, and Sundays, plus a Sunday, Dec. 6 matinee at 2 p.m. Call 443-7688 or visit www.redwoodcurtain.com.

Little Women Musical makes the Louisa May Alcott classic sing at **Ferndale Repertory Theatre** through **Dec. 20** with shows with Friday and Saturday shows at 8 p.m. and Saturday and Sunday matinees at 2 p.m. Call 786-5483 or visit www.ferndalerep.org.

Upcoming

More holiday fun takes the stage at the **Arcata Playhouse** with *The Bigfoot Lodge Holiday Radio Hour* from **Thursday, Dec. 3** at 8 p.m. through **Dec. 12**, with 8 p.m. performances on Friday and Saturday, and a 2 p.m. show on Dec. 12. The variety show features guest bands, choirs and puppets to keep you laughing. Visit www.arcata-playhouse.org or call 822-1575.

Humboldt State University's all-female cast takes on roles of men and women in the backstage send-up *Anton in Show Business* from **Dec. 4** through **Dec. 13** at **Gist Theatre**. Shows start at 7:30 p.m. on Thursday, Friday and Saturday with a 2 p.m. matinee on Dec. 13. Visit HSUStage.blogspot.com or call 826-3928.



A beach feast for any time of year.
Photo by Kevin Smith

Speed Ceviche

30-minute tostadas with lingcod

By Kevin Smith
tabletalk@northcoastjournal.com

Ceviche (pronounced *seh-vee-chay*), is a dish that can be found along the Latin American coast from Mexico to Peru. Regional variations in the ratios and types of ingredients included in a “proper ceviche” translate to slight differences in taste and texture depending on the country you visit. Two ingredients that are always key to a good batch of ceviche are citrus juice (typically lemon or lime) and fish. Traditionally the fish is cubed and submerged in a bowl of lime

juice overnight. The citric acid cooks the fish, transforming it from a raw state to white and flakey in a matter of 12 hours. I fell in love with ceviche on a free-dive/spearfishing trip to Cozumel, Mexico back in 2006. When my brother and I returned to classes at Humboldt State University, we were on student budgets, but we were raised on hunting, fishing and foraging. So one day, after a successful free-diver on the North Coast,

Continued on next page »

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Employee picks from our Wellness Department, General Merchandising, and Wine Department. Two giveaways and two recipes. Read all about it in the December issue of the *Co-op News*, available in stores and online.

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Table Talk

Continued from previous page

Justin and I decided to use some of our fresh-caught lingcod to recreate ceviche tostadas. But we wanted ceviche right away. We added a simple step to the ceviche process — blanching — that cut down production time to a mere 30 minutes.

The process is simple, and the recipe works great with any number of white-meat ocean fish including lingcod, rockfish, greenling or even surfperch. Make sure you start with boneless fillets. If you are not catching the fish yourself, try to buy directly from the docks at Trinidad or from a local grocer who stocks wild, line-caught, locally harvested, sustainable ocean fish.

This recipe is always well received by fish lovers. The flavors in it are by no means subtle — the bold lime, cilantro, onion and chili make for vibrant tastes. If you are pressed for time, you can simply buy pre-made corn tortillas and fry them. You can also just eat the ceviche with a bag of corn chips. But if you have an extra 15 minutes, making fresh corn tortilla tostadas from scratch will make the overall dish even tastier.

30-Minute Ceviche Tostadas

Ingredients and method:

Ceviche

- 1 pound boneless fish fillets
- ¼ teaspoon cumin
- 1/8 teaspoon chipotle chili powder
- Juice of 3 limes
- ¼ cup chopped cilantro
- ¼ cup diced white onion
- 2 quality tomatoes chopped
- 1 avocado cubed (ripe but not too soft)
- Tapatio hot sauce, to taste (optional)
- ¼ of a fresh jalapeño (optional)

Tostadas

- 1 cup masa (I prefer Maseca brand)
- 2/3 cup water
- 1/8 teaspoon salt,
- 4 tablespoons canola oil (for frying)

Cut the fillets into ½-inch cubes and blanch them in boiling water for 3 minutes. This ensures that the fish is fully cooked before beginning the rest of the process (which means you do not need to let it marinate overnight). Watch the fish so it doesn't boil over. Drain the water and cool the cooked fish on a plate. Cut the tomato, cilantro, onion and chili pepper as you would for salsa and set them aside. Once the fish has cooled, move it to a bowl and squeeze the juice of two limes over it, mixing until it's thoroughly coated.

Now make the tostadas. Knead the masa and water together and let it rest covered for 15 minutes before rolling it into about 10 balls, adding a little water to soften if necessary. If you have a tortilla press, now is the time to use it. If you're looking for one, I always seem to find them at thrift stores, though they can usually be found under \$15 new. If you're a poor graduate student like me, just use wax paper and one of your (clean) textbooks. Press out thin, small tortillas about 3 inches in diameter. Cook them in a dry cast iron skillet over medium heat for about 1 minute per side. Once seared, transfer the tortillas to a second skillet and fry them in oil until both sides are golden brown. Let them dry on a paper towel.

Now back to the ceviche. Press the old lime juice out of the fish with a fork and dump it. Add fresh juice of one lime to the fish (which it will readily absorb). Add all of the fresh ingredients except the avocado and mix them up. Now add the cumin, salt, chili powder, finely diced jalapeño and Tapatio to taste, and mix again. Finally, chop the avocado into ¼-inch cubes and add it to the ceviche giving it a gentle mix to distribute the ingredients. It's important to wait until the end to add the avocado as you do not want it to mash up and leave your ceviche looking like strange, fishy guacamole. This is also why you want to avoid overly soft avocados.

Now heap a few tablespoons of ceviche on each tostada and serve quickly while the tortillas are warm and still retain their crunch. ●

The Sonic Time Machine

By Andy Powell

thesetlist@northcoastjournal.com

A few days after Thanksgiving, I was with a friend and fellow musician listening to some music that stopped me in my tracks. It wasn't new to me, but let's just say it had been a while since I last heard it. (I won't get into it, but let's just say it was obscure enough to score me some mediocre hipster points.) It wasn't so much the music itself that hit me, but the immediate memories it brought up. I remember driving to the record store to pick up the album, and then returning to the first "college house" I lived in right across the street from Arcata High School. It was the summer after my freshman year at HSU, and I had acquired a bottle of port wine — the dubious legality of this evades memory at the moment — and spent the days lying in the summer sun reading Orwell and listening to this album on repeat. The details are important to the story, but only because they all became vividly apparent years and years later just upon hearing the music.

At risk of sounding too much like the boring middle section of a memoir, this was also around the time that I began playing music (rather poorly I may add). Memories of jamming with friends and going to house parties flooded back into my mind. Practicing with my first band, turning 21, and the well-earned exuberance of finally being able to play at the Alibi all seemed as fresh as something incredibly fresh. Years of hoofing it to local venues to see live music came right up front. All of this before the song even got to what could be called a chorus. Call it nostalgia, or something fancier, like a sonic time machine to our earlier selves. Music has power. Don't ever forget it. In the meantime, go make some new memories this weekend. The possibilities are endless.

Thursday

At the Van Duzer Theater up on the HSU campus you'll have the opportunity to check out a Grammy-nominated duo who have recently yucked it up on *Conan*.

Touring to support a new album, *Monterey*, the **Milk Carton Kids** crowd around a microphone and blend their voices while playing acoustic guitars. HSU students get the deal for this 8 p.m. show at only \$10. The rest of us? \$36.

The Logger Bar is free (the music that is) for everyone as it hosts **The Yokels** at 8:30 p.m.

Friday

I was back up on the HSU campus this past week and couldn't help but notice that the bookstore was chock full of HSU/*Star Wars* apparel. If we ever needed to convince our 9 year-old son that HSU was the school to go to, our job is now done. As many of us anticipate *Star Wars Episode VII: The Force Awakens*, HSU slakes our musical thirst with two movements of the *Star Wars Suite* from the **HSU Symphonic Band**. Show is at 8 p.m. in the Fulkerson Recital Hall for \$8, \$5 for HSU Students and seniors. Heads up: The symphonic band will be performing the whole suite in the spring.

You're guaranteed to find **Money** at the Blue Lake Casino and Hotel for free. Humboldt's Pink Floyd tribute band will perform the albums *Dark Side of the Moon* and *Wish You Were Here* in their entirety starting at 9 p.m. (Full disclosure: The bass player's only in it for the money).

At 9:30 p.m. local band **Wild Otis** opens for Bay Area band **Midnight North** at Humboldt Brews. With a weekly gig at Terrapin Crossroads in San Rafael, Midnight North has some chops and some great three-part harmonies. The band's supporting its new album, *Scarlet Skies*, so help 'em out. \$10 for this show.

For funky jams, head to The Jam in Arcata at 10 p.m. for **Brothers Gow** with **Groovesession** who are up from Ocean Beach.



Mipso plays Sunday, Dec. 6 at 8 p.m. at Humboldt Brews. \$10. Photo by D.L. Anderson.

Saturday

Eel River Brewery is enjoying its 20th anniversary, and as the nation's first certified organic brewery, there's much to celebrate. Cheap pints all day long, and with **The Compost Mountain Boys** jamming around 4 p.m. for free, you know it'll be a good time.

Around 6 p.m. you can catch **Chuck Mayville** at Gallagher's Irish Pub in Eureka for free. Just don't request any Super-tramp songs.

HSU keeps the shows coming through the weekend with the **HSU Calypso Band**, **HSU Marimba Band**, and youngsters from Fresno, **We Got the Beat**. The Calypso Band will be celebrating its 30th anniversary in the spring. \$10 for this Van Duzer Theater show, but only \$3 for HSU students and seniors with a 7:30 p.m. start time.

In South Arcata, you can hear locals **Kingfoot** at Redwood Curtain Brewery at 8 p.m.

And all the way up from Austin is **Govinda**. Not the character from *Siddhartha*, but rather the "alter-ego" of classically trained violinist and composer Shane Madden. Expect electronic beats with some classical instrumentation. 9:30 p.m. at Humboldt Brews and a \$15 ticket price.

Sunday

Sticking at Humboldt Brews, Chapel Hill-based **Mipso** will be playing an early show at 8 p.m. for \$10. A folk/newgrass band, these folks are fresh off of a jam on a float at the famous Macy's Day Parade in NYC. This show should be nothing like that.

At HSU's Fulkerson Recital Hall, the **HSU Madrigal Singers**, along with the **Mad River Transit Jazz Singers**, will perform some English Madrigals, a Christmas Lullaby and, more importantly, The Beatles' *Yellow Submarine*, all for \$8, free for HSU Students.

With music described as "dripping wet love drops of nasty mind melting sonic bliss," **Phutureprimitive** will be at the Arcata Theatre Lounge at 9:30 p.m. I'm not terribly "in the know" regarding electronic dance music, but with that description and the "ph" instead of the traditional "f," I'd guess this is EDM. Not a phree show, but somewhere between \$15 and \$20.

Tuesday

As usual, you can catch bluesman **Buddy Reed** for free at Libation on the Arcata Plaza at 7 p.m.

Also free are local rockers **Companion Animal** with Nashville's **Linear Downfall**. Expect some experimental and "psychotic noise" along with some nice melodies at the Siren's Song Tavern in Eureka starting around 9 p.m.

Full show listings in the *Journal's* Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Andy Powell is a congenital music lover and hosts *The Night Show* on KWPT 100.3 FM weeknights at 6 p.m. He doesn't like Facebook and doesn't feel bad for not mentioning your show that you never told him about.



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ARCATA & NORTH

VENUE	THUR 12/3	FRI 12/4	SAT 12/5	SUN 12/6	M-T-W 12/7-9
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575	<i>The Bigfoot Lodge Holiday Radio Hour</i> (variety show) 8pm \$12, \$10, \$8	<i>The Bigfoot Lodge Holiday Radio Hour</i> (variety show) 8pm \$12, \$10, \$8	<i>The Bigfoot Lodge Holiday Radio Hour</i> (variety show) 8pm \$12, \$10, \$8		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Ocean Night ft. <i>North Shore</i> (film), MARE footage 7pm \$3	<i>Sleepy Hollow</i> (film) 8pm \$5		Phutureprimitive (EDM) 9:30pm \$20 advance	[W] Sci-Fi Night ft. <i>Moon of the Wolf</i> 7:30pm Free w/\$5 food/bev, All Ages
ARKLEY CENTER FOR THE PERFORMING ARTS 412 G St., Eureka 442-1956		Eureka Symphony Holiday Concert 8pm \$19-\$44	Eureka Symphony Holiday Concert 8pm \$19-\$44		
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Jam 6pm Free	[M] Quiz Night 7pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Money (Pink Floyd tribute) 9pm Free	NightHawk (dance hits) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free	The Undercovers (covers) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad	All In DJ Night 9pm Free	Uptown Kings (blues) 9pm Free	Eyes Anonymous (1980s hits) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
FLDDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521		Friday Night Music (singer/songwriter) 7:30pm Free	Acoustic Night Saturdays 6pm Free		
HLOC's Space 630-5013 92 Sunny Brae Center, Arcata				White Xmas Party (jazz Christmas music and dance) 4:30pm, 7pm \$12	
HUMBOLDT BREWS 856 10th St., Arcata 826-2739		Midnight North w/Wild Otis (folk, rock) 9:30pm \$10	Govinda and guests (DJ music) 9:30pm \$18, \$15	Mipso (bluegrass) 8pm \$10	
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928	Van Duzer: The Milk Carton Kids (folk) 8pm \$36, \$10	Fulkerson: HSU Symphonic Band 8pm \$8, \$5, HSU free Gist: Anton in Show Business (theater) 7:30pm \$10, \$8, HSU free	Van Duzer: HSU Calypso Band & Percussion Concert 8pm \$10, \$3 Fulkerson: Madrigal & MRT Singers 8pm \$8, \$5, HSU free Gist: Anton in Show Business (theater) 7:30pm \$10, \$8, HSU free	Goodwin Forum: AHHA Benefit Concert w/ Persephone and Sabrina Fisher 7pm TBA	





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Arcata • Blue Lake • McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 12/3	FRI 12/4	SAT 12/5	SUN 12/6	M-T-W 12/7-9
THE JAM 915 H St., Arcata 822-4766		Brothers Gow w/ Groovesession (funk, jam) 10pm TBA	Humboldt Toys for Tots Music Showcase 9pm new, unwrapped toy valued at \$5 or more	DGS Sundaze (EDM DJs) 9pm \$5	[T] Savage Henry Comedy 8pm \$5 [W] The Whomp (DJs) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Dogbone (feral jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 761 Eighth St., Arcata 825-7596	Bryan Sackett (guitar) 7pm Free	Brian Post & Friends (jazz) 7pm Free	Baron Wolfe & Duane Isaacson (jazz) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				Kelly Busse (jazz vocal) 7pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	The Yokels 9pm Free	Kick Off the Holiday Season Party 8pm Free	Karaoke 9pm Free	Potluck (food) 6pm Free	[W] Cribbage Tournament 7pm \$5
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	Blake Ritter and Friends (fiddle tunes) 6pm Free	No Covers (jazz) 6pm Free	Lizzy and the Moonbeams (indie) 6pm Free		[T] ATF Trio (jazz) 6pm Free [W] Piet Dalmolen (guitar) 6pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187	Trivia Night 7pm Free	Open Mic w/Jeremy Bursich 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/ Rudelion 8pm \$5
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222	Diggin Dirt (funk, reggae) 8pm Free		Kingfoot (Americana) 8pm Free		[M] Trivia Night 7pm TBA
RICHARDS' GOAT TAVERN 401 I St., Arcata 630-5000	Ezra Furman TBA \$5			Miniplex: <i>Korla</i> (film) 4:30pm, 7pm \$8, Karaoke 9pm Free	[T] Ritmos Latinos w/DJ Panchanguero 8pm Free [W] Monster Women, The Garden, et al. TBA \$5
SIDELINES 732 Ninth St., Arcata 822-0919	Rudelion Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelion 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	NVXO (indie) 9pm Free	Jimi Jeff Unplugged (rock, blues) 9pm Free	DJ J Dub 2pm-7pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
SUSHI SPOT 839-1222 1552 City Center Rd., McKinleyville					[M] Anemones of the State (jazz) 5pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[T] Bomba Sonidío (Latin, Carib, Afro beats) 10pm Free [W] Reggae Wednesdayz w/Rudelion 10pm Free

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Live Entertainment Grid

Music & More

EUREKA & SOUTH
Arcata and North on previous page
Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 12/3	FRI 12/4	SAT 12/5	SUN 12/6	M-T-W 12/7-9
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Chris Clay 8pm Free	Dr. Squid (rock, dance) 9pm Free	The Backstreet Band (classic rock) 9pm Free		
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6pm Free	The Tumbleweeds (cowboy) 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
DOUBLE D STEAK 320 Main St., Ferndale 725-3700		Anna Hamilton (blues, humor) 6pm Free			
EEL RIVER BREWING CO. 1777 Alamar Way, Fortuna 725-2739			20th Anniversary Party w/ Compost Mtn. Boys at 4pm and 90s dance party 7pm Free		
EMPIRE LOUNGE 415 Fifth St., Eureka 798-6498					[W] Karaoke at the Cantina 6pm \$2 All Ages
EUREKA THEATER 612 F St., 442-2970			Chicago (movie) 7:30pm, cocktails at 6:30pm \$15, \$10		
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post & Friends (jazz) 6pm Free Salsa 9pm Free	Black Cat Saints (Americana) 9pm Free	Make Me Laugh (comedy) 9pm \$5		[T] Anna Banana (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Jed (Irish) 6pm Free	Pappa Paul (folk) 6pm Free	Chuck Mayville (classics) 6pm Free		
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm \$5
MATEEL COMMUNITY CENTER 59 Rusk Ln., Redway 923-3368	Down the Rabbit Hole (theater) 8pm \$12-\$15 sliding	Down the Rabbit Hole (theater) 8pm \$12-\$15 sliding	Down the Rabbit Hole (theater) 8pm \$12-\$15 sliding Barbershop Quartet 6pm Free The Jim Lahman Band 7pm Free	Down the Rabbit Hole (theater) 2pm \$12-\$15 sliding	[M] Li'l Red in the Redwoods (theater) 6:30pm \$10,\$5, Free to MCC members [W] Open Mic w/Mike Anderson 7pm Free
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600					



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Wild Otis plays
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VENUE	THUR 12/3	FRI 12/4	SAT 12/5	SUN 12/6	M-T-W 12/7-9
PEARL LOUNGE 507 Second St., Eureka 444-2017	Dirty Thursdays w/Gabe Pressure (DJ music) 9pm Free	Rudelion (DJ music) 10pm Free	JSun (DJ music) 10pm Free		
PERSIMMONS GALLERY 1055 Redway Dr., Redway 923-2748	Marisa Formosa and George Mooney (eclectic) 7pm Free	Leann McBratney (jazz, rock, blues) 7pm Free			[W] Open Mic w/Ian Augustine 7:30pm Free
ROSE'S BILLIARDS 535 Fifth St., Eureka 497-6295		Ultra Class Fridays (DJ music) 10pm Free			
SHAMUS T BONES 191 Truesdale St., Eureka 407-3550		Friday Night Vibes (DJ music) 10pm Free	Saturday Nightlife w/Accurate Productions (DJ music) 10:30pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131		Country & Rock Night w/Accurate Productions (DJ music) 9pm Free		Karaoke Night 9pm Free	
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Humboldt Poetry Slam 7:30pm \$5	Sonic Speakeasy Vol. 2 - A Roarin' Winter's Eve (DJ music) 9pm \$5	Erin English w/The Stringtown Ambassadors 8pm TBA		[T] Linear Downfall w/Companion Animal 9pm \$5 donation
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
TOPH'S HOUSE 6840 Benbow Drive, Garberville		Soul Flow EDM w/DJs Marjo Lak, Joe-e, Sunshine Magick, ZeroHour and Dragonfly 9pm TBA			
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			

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Calendar

Dec. 3 - Dec. 10, 2015



Photo by Pete Castellano



Photo by Leon Villagomez

Toodles, turkey! It's time for the next holiday meal. Loosen your belt and head to the **Portuguese Hall in Ferndale** for the town's annual **Linguica and Beans Dinner** on **Sunday, Dec. 6** from **4 p.m. to 7 p.m.** (\$12 donation, \$6 kids ages 6-12). This December tradition is the perfect opportunity to enjoy a friendly community meal in the beautiful Victorian village on tree-lighting night.

Oceans Deep, a Synopsis original production, "explores the myths between humans and the sea through acrobatic feats, poetry, dance and music" (that's deep alright) on **Friday, Dec. 4** and **Saturday, Dec. 5** at **8 p.m.** and **Sunday, Dec. 6** at **2 p.m.** at **Synopsis Studio** (\$10-\$20 sliding, kids free). Proceeds benefit Mattole Restoration, Bird Ally X and Humboldt Baykeeper.

Don't miss the spectacular **Eureka Symphony Holiday Concert**, **Friday, Dec. 4** and **Saturday, Dec. 5** at **8 p.m.** at the **Arkley Center for the Performing Arts** (\$19-\$44; students half price; children 12 and under free). This holiday performance has it all — something for the young and young at heart — with classical holiday music, a narrated twist on Dickens and a Christmas carol singalong.



Photo by Joan Schirle

Theater Kids

Sometimes the craft we experience this time of year isn't of the yarn and wreath variety, but rather that of staging, scene and Stanislavsky. Theater students from two area schools — **Dell'Arte International** and **Humboldt State University** — have dug deep and brought forth their best and it's time to give them props. Cue the lights.

HSU's Anton in Show Business features all-female cast playing characters of both genders in this satiric comedy directed by Rae Robison. Catch the "madcap comedy that follows three actresses across the footlights, down the rabbit hole and into a strangely familiar Wonderland that looks a lot like American theatre" on **Friday, Dec. 4, Saturday, Dec. 5** and **Thursday, Dec. 10** at **7:30 p.m.** at the **Gist Hall Theatre** (\$10, \$8, limited free seating for HSU students).

Next, take a look behind the facade with **Dell'Arte's** MFA student show, **The Character Projects**. Running four days and featuring students from Denmark, Sweden, Greece, South Korea, India, Zimbabwe and the U.S., the show is the culmination of the students' study of the transformation of actors through their characters and how plays take shape from the performers' imaginations. Catch the magic **Dec. 10-13, 8 p.m.** at **Dell'Arte's Carlo Theatre** (pay what you can).

— Kali Cozyris



File photo

Got a Light?

Brace your elves, the holiday season is upon us. Things are about to get a lot more merry and bright as towns throughout the county flip their switches and light their menorahs. *O Christmas tree, O Christmas tree, how lovely are thy branches?* Well, let's have a look.

Thursday, Dec. 3 from **5 to 8 p.m.** **Strong's Creek Plaza** in **Fortuna** holds its **Holiday Open House**, with tree lighting at **7 p.m.** (free).

The **Season of Wonder and Light** in Arcata kicks off **Friday, Dec. 4** from **5 to 9 p.m.** on the **Plaza** with stories, songs, blessings and the lighting of the trees (free).

Saturday, Dec. 5, several celebrations take place from Willow Creek to Rio Dell. The **Community Tree Lighting** happens at **5 p.m.** at the **Community Commons** in **Willow Creek**. Enjoy the lighting of the tree, Christmas carolers and hot chocolate (free). If you're in Eureka, swing by the Inn for the local holiday favorite, the **Eureka Inn Tree Lighting** at **5 p.m.** (free). Heading south a bit, you'll find the skies lighting up with holiday sparkle at the **Rio Dell and Scotia Chamber of Commerce Tree Lighting Ceremony** starting at **5:30 p.m.** with Christmas carols, Santa handing out candy canes and tree lighting at **6 p.m.** (free).

On Sunday, Dec. 6, take the picturesque drive out to **Ferndale** to enjoy cookies and cocoa and see the huge spruce at the end of Main Street light up at **5:30 p.m.** (free).

In Arcata on **Sunday, Chanukah on the Plaza** takes place at **4:30 p.m.** There'll be a menorah lighting, dreidels, music, raffle, face painting and more (free).

And on **Wednesday, Dec. 9** the **Humboldt Redwoods State Park Visitor's Center** in **Weott** features homemade treats and caroling at **6 p.m.**, with the tree lighting and a visit from Santa at **7 p.m.** (free). That ought to brighten things up.

— Kali Cozyris

3 Thursday

ART

Art and Artisans Fair. 11 a.m.-3 p.m. Reese Bullen Gallery, Humboldt State University, Arcata. Humboldt State University's Art Department's students and studio art clubs offer their paintings, photography, ceramics, jewelry, sculpture, prints, mixed media creations and more. 826-5814.

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

BOOKS

Linda Stansberry. 7-8 p.m. Trinidad Library, 380 Janis Court. The author reads and signs her novel *The Trinidad Mystery*. Free. lcstansberry@gmail.com. www.holyshit-lindastansberry.com/trinidad. 599-3254.

LECTURE

Forest Ecology. 6 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. "Separating effects of crown structure and competition for light on trunk growth of Sequoia sempervirens," presented by Ethan Coonen. Free.

MOVIES

Ocean Night ft. North Shore (1987). 7 p.m. Arcata Theatre Lounge, 1036 G St. The Marine Applied Research and Exploration team also debuts underwater footage. \$3 donation. www.arcatatheatre.com.

MUSIC

The Milk Carton Kids. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The acoustic folk duo with Julian Lange opening the show. \$36, \$10 HSU students. carts@humboldt.edu. humboldt.edu/centerarts. 826-3928.

SPOKEN WORD

Humboldt Poetry Slam. 7:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Featuring Bay Area graffiti artist and emcee Nac One. Hip-hop inspired poets take precedent on the sign-up list. Music by DJ Goldylocks. Live art by Carly Robbins. \$5.

THEATER

Down the Rabbit Hole. 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. A modern take on the old favorite, *Alice in Wonderland*. \$12-15 sliding scale, \$5 those under 19. www.mateel.org.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. \$5, \$3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

MSPTO Dinner & Auction Fundraiser. 5:30 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. McKinleyville Schools PTO hosts this fundraiser featuring a beef brisket dinner with dessert, no host bar, silent and Dutch auctions. 21 and up. Call for tickets. \$25. mck-spto@gmail.com. www.bluelakecasino.com. 498-2911.

HOLIDAY EVENTS

The Bigfoot Lodge Holiday Radio Hour. 8 p.m. Arcata Playhouse, 1251 Ninth St. Esteemed radio personality Harrison La Blank comes to the lodge from New York City for a live broadcast of his show. \$12, \$10, \$8 kids 12 and under. 822-1575.

Christmas Bazaar. 10 a.m.-5 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. Unique gifts from local crafters.

Christmas Celebration. 5 p.m.-8 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. A festive evening with Santa, tree lighting and music. Free.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka.

Arcata Chamber Holiday Mixer. 5:30-7 p.m. Mad River Hospital, 3800 Janes Road, Arcata. Free.

Holiday Open House & Christmas Tree Lighting. 5-8 p.m. Strongs Creek Plaza, 1095 S. Fortuna Blvd., Fortuna. Santa, holiday treats, merchant sales and more. Free.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

4 Friday

BOOKS

Bryan Radzin. 7 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Local author reads from his latest book, *Search for Truth - The Next Step ...*. Free. www.

oldtowncoffeeeureka.com.

Linda Stansberry. 6-8 p.m. Rain All Day Books, 1136 Main Street, Fortuna. The author reads and signs her novel *The Trinidad Mystery*. Free. lcstansberry@gmail.com. www.holyshitlindastansberry.com/trinidad. 599-3254.

DANCE

Oceans Deep. 8-10 p.m. Synopsis Studio, 47 A West Third St., Eureka. An aerial, dance, theater performance exploring the mythos between humans and the sea through acrobatic feats, poetry, dance and music. \$10-\$20 sliding. muppet33@gmail.com. 616-3104.

LECTURE

Jerry Rohde. 7-8:15 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. The author of *Both Sides of the Bluff* provides an insider's view of the lower Eel Valley, Table Bluff and southern Humboldt Bay. Free. www.baysidegrange.org.

MOVIES

Sleepy Hollow. 8 p.m. Arcata Theatre Lounge, 1036 G St. Heads roll in this Tim Burton film starring Johnny Depp and Christina Ricci. \$5. www.arcatatheatre.com.

MUSIC

Soul Flow EDM. 9 p.m.-2 a.m. Toph's House, 6840 Benbow Drive, Garberville. First Friday with Djs Marjo Lak, Joe-e, Sunshine Magick, ZeroHour and Dragonfly. Visuals by Marmalade Sky. Doors at 8 p.m. DRinks benefit KMUD, food available. TBA.

HSU Symphonic Band Plays Star Wars. 8-9:30 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. The Force awakens with music from the movies, plus the William Byrd Suite, a Bach fantasia and other selections. Paul Cummings conducts. \$8, \$5, HSU students free. www.HSUMusic.blogspot.com.

THEATER

Anton in Show Business. 7:30-10 p.m. Gist Hall Theatre, Humboldt State University, Arcata. Satiric comedy about contemporary American theatre, featuring an all-female cast playing characters of both genders. Directed by Rae Robison. \$10, \$8, HSU students limited free seating. HSUstage.blogspot.com.

Down the Rabbit Hole. 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. See Dec. 3 listing.

Little Women Musical. 8-10:30 p.m. Ferndale Repertory Theatre, 447 Main St. Based upon Louisa May Alcott's beloved 19th century novel, this musical brings to life the March family through romance, illness and loss. \$18, \$16, \$5 children 8 and under. info@ferndalerep.org. www.ferndalerep.org. 786-5483.

FOR KIDS

Baby Read and Grow. Every other Friday, 11-11:45 a.m. Humboldt County Library, 1313 Third St., Eureka. Families are invited to share songs, fingerplays and short stories. Free. www.humlib.org. 269-1910.

Children's Clothing Swap. First Friday of every month, 3:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Bring your kids' hand-me-downs to trade for fresh new-to-you's. Sizes newborn-12, in wearable condition (no holes, stains, etc.). Free. facebook.com/ChildrensClothingSwapArcata. 985-8084.

HOLIDAY EVENTS

Advent Afternoon Tea. 1 p.m. First United Methodist Church, 520 Del Norte St., Eureka. The program for the afternoon tea includes lighting of the advent candles, singing, a Christmas story and music by Eureka High School's Limited Edition. Reservations are required. 442-3015.

The Bigfoot Lodge Holiday Radio Hour. 8 p.m. Arcata Playhouse, 1251 Ninth St. See Dec. 3 listing.

Christmas Bazaar. 10 a.m.-5 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. See Dec. 3 listing.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. An all-new musical adapted from a story by Charles Dickens. A perfect holiday treat for the whole family. \$20-\$10.

Enchanted Holiday Craft Fair. 6:30-8 p.m. Lafayette Elementary School, 2100 J St., Eureka. Check out arts and crafts from local vendors, a craft room for kids, bake sale, benefit drawing and a special guest from the North Pole. Free admission. dwickizer@lafayette-pta.org. www.lafayette-pta.org. 441-2482.

Eureka Symphony Holiday Concert. 8-10 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. A variety of holiday favorites including Bach's *Sinfonia*, Vivaldi's *Gloria*, with choir and soloists and a musical version of Scrooge, with narrator Donald Forrest and a carol sing-along. Free Musical Notes talk at 7 p.m. \$19-\$44; students half price; children 12 and under free. eurekasympphony@gmail.com. www.eurekasympphony.org. 845-3655.

Evening Advent Tea. 7 p.m. First United Methodist Church, 520 Del Norte St., Eureka. The evening tea begins with hand bell ringers, the Bella Norte Bells. Reservations required. 442-3015. Childcare provided.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Continued on next page >>



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Calendar

Continued from previous page

Hospitality Night Open House. 7-9 p.m. Ferndale Main Street. The Victorian Village welcomes friends to a lively block party evening. Merchants serve up cheer along with free beverages and goodies. Free. 786-4477.

Humboldt Artisans Craft and Music Festival. 12-9 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Holiday arts and crafts in four buildings, five stages of live music and food booths. TBA. www.redwoodacres.com.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The American holiday classic comes to life as a live radio broadcast as performed by a cast in a 1940s radio station. \$16, \$13.

Season of Wonder and Light: Santa Arrives. 5-9 p.m. Arcata Plaza, Ninth and G streets. Join Arcata Main Street for cookies and cider as the stores stay open late. Festivities move to the Jacoby Storehouse in case of rain. Free.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. The ice is open for a six-week period. TBA.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

5 Saturday

ART

Winter Open Studio. 10 a.m.-4 p.m. StewArt Studios, 1125 16th St., Arcata. Featuring art by Carol Anderson, Laura Corsiglia, Peter Lisle and Patricia Sennott. 496-1922.

BOOKS

Linda Stansberry. Noon. Mattole Valley Community Center, 29230 Mattole Road, Petrolia. The author signs her novel *The Trinidad Mystery*. Free. 6:30 p.m. Booklegger, 402 Second St., Eureka. The author signs her novel *The Trinidad Mystery*. Free.

DANCE

Oceans Deep. 8-10 p.m. Synopsis Studio, 47 A West Third St., Eureka. See Dec. 4 listing.

MOVIES

Chicago. 6:30 p.m. Eureka Theater, 612 F St. Eureka Theater transforms into a speakeasy to celebrate the anniversary of the repeal of prohibition on Dec. 5, 1933. Cocktails at 6:30 p.m. Movie at 7:30 p.m. \$15, \$10 advance. www.theeurekatheater.org.

Kids Holiday Movies. 10 a.m. Fortuna Theatre, 1241 Main St. Kids can enjoy a holiday movie with one accompanying adult. Pick up tickets at participating stores beforehand. No tickets at the theater. 725-9261. Free.

MUSIC

The Babes. 6-9 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The vocal group composed of women from 17 years old to 77 performs classic Christmas tunes. Free. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

HSU Calypso Band & Percussion Concert. 8-10 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Greatest hits from almost 30 years of calypso performances, the Marimba Band and the World Percussion Group perform, plus Fresno's We Got the Beat. \$10, \$3. HSUMusic.blogspot.com.

THEATER

Anton in Show Business. 7:30-10 p.m. Gist Hall Theatre, Humboldt State University, Arcata. See Dec. 4 listing.

Down the Rabbit Hole. 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. See Dec. 3 listing.

Little Women Musical. 8-10:30 p.m. and 2-4:30 p.m. Ferndale Repertory Theatre, 447 Main St. See Dec. 4 listing.

EVENTS

Arts Alive. First Saturday of every month, 6-9 p.m. Art, and a heap of it. All around Old Town, Eureka. Free. www.eurekainn.com. 442-9054.

Bigfoot Days Auction. 12:30 p.m. Veteran's Hall, 20 Kimtu Road, Willow Creek. Plenty of prizes with proceeds benefitting Bigfoot Days. Doors open at 11 a.m.

FOR KIDS

KEET's Kids Club. First Saturday of every month, 12-2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. This monthly workshop includes PBS Kid's programming, story time, tours of current art exhibitions and art activities. Each family takes home a free book. Free. www.humboldtarts.org. 442-0278 ext. 201.

Kids Alive. First Saturday of every month, 5:30-8 p.m. Discovery Museum, 612 G St., Eureka. This is a drop-off program for children ages 3-12. Children must be confidently potty trained. This fun night includes free play, arts and crafts and a snack. Price may vary depending on number of children. Call us and find out how much you will pay. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Story Time. First Saturday of every month, noon. Willow Creek Library, State Routes 299 and 96. Introduce your preschooler to the fun of books. Free.

FOOD

Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Farm fresh produce, rain or shine. On G and Eighth streets. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

HOLIDAY EVENTS

The Bigfoot Lodge Holiday Radio Hour. 8 p.m. Arcata Playhouse, 1251 Ninth St. See Dec. 3 listing.

Candlelight Walk in the Redwoods - SOLD OUT. 5-8 p.m. Prairie Creek Redwoods State Park Visitors Center, Newton B. Drury Scenic Parkway, Orick. SOLD OUT.

Christmas Bazaar. 10 a.m.-5 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. See Dec. 3 listing.

Christmas Celebration in Song. 7:30 p.m. Ferndale Community Church, 712 Main St. The more than 60 voices of the Ferndale Community Choir perform sacred and inspiring music, plus holiday readings. 786-4477.

Christmas Tree Lighting. 5 p.m. Eureka Inn, 518 Seventh St. Free. www.eurekainn.com.

Community Tree Lighting. 5 p.m. Community Commons, State routes 299 and 96, Willow Creek. Enjoy the lighting of the tree, Christmas carolers and hot chocolate. Free.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Dec. 4 listing.

Eureka Heritage Society Holiday Luncheon. 11 a.m.-2 p.m. Ingomar Club, 143 M St, Eureka. The annual luncheon for members and guests at the Carson Mansion. Non-members can join online. \$48. eurekaheritagesociety@gmail.com. www.eurekaheritage.org. 445-0962.

Eureka Symphony Holiday Concert. 8-10 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 4 listing.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Holiday Craft Bazaar. 10 a.m.-4 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Enjoy the holiday atmosphere while browsing beautiful, affordable handmade gifts by local artisans. Free admission. www.ci.eureka.ca.gov. 441-4374.

Holiday Gift Boutique. 10 a.m.-4 p.m. Studio 299, 75 The Terrace, Willow Creek. Featuring local artists' photography, ceramics, glasswork, woodworking, jewelry, cards and more. Complimentary hot beverages and gift basket raffles. Free. studio299arts@gmail.com. studio299.tripod.com.

Humboldt Artisans Craft and Music Festival. 10 a.m.-7 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See Dec. 4 listing.

Humboldt Artist Gallery Holiday Fair. 12-9 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Support local artists at the Humboldt Artist Gallery Holiday Sale. www.humboldtarts.org.

Humboldt Woodworking Make-It-Take-It. 10 a.m.-2 p.m. McKinleyville Middle School, 2285 Central Ave. Materials available for turning projects and a few other projects. 825-9010.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Dec. 4 listing.

Santa Arrives in Ferndale. 10:30 a.m. Main Street. St. Nick and his jolly elf bring bags of goodies for youngsters. Free. 786-4477.

Snowball Drop. 11:30 a.m. Old Town Gazebo, Second and F streets, Eureka. Win goodies when the "snowballs" start flying.

Tree Lighting Ceremony. 5:30 p.m. Rio Dell and Scotia Chamber of Commerce, 406 Wildwood Ave. The Rio Dell Baptist Church choir leads the carols. Tree lights at 6 p.m., and Santa hands out candy canes. Free.

Tuba Christmas. 1 p.m. Old Town Gazebo, Second and F streets, Eureka; 3 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. Ring in the holiday season with deep brass tones. Free.

Winter Craft Fair. 10 a.m.-4 p.m. Milligan Community Center, 175 Lum St., Weott. Featuring baked goods, local arts and crafts, Indian tacos, chili and sopapillas for sale. Free admission. 946-2464.

MEETINGS

Humboldt County Historical Society. 1 p.m. Humboldt County Library, 1313 Third St., Eureka. Author James R. Garrison presents "Scotia and Rio Dell," a PowerPoint presentation of images from his new book, and other favorite images of the people and places of Scotia and Rio Dell. Free. www.humlib.org. 445-4342.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Tour leader Joe Ceriani. Free. www.rras.org/calendar.

Dune Restoration. 9:30 a.m.-12:30 p.m. Humboldt Bay NWR Lanphere Dunes Unit, 6800 Lanphere Road, Arcata. Help remove invasive plants to make room for native plant diversity. Tools, gloves and snacks provided. Bring water and wear work clothes. Meet at Pacific Union

School to carpool to this protected site. Free. www.fws.gov/refuge/humboldt_bay. 444-1397.

Guided Dune Tour. 10 a.m.-1 p.m. Humboldt Bay NWR Lanphere Dunes Unit, 6800 Lanphere Road, Arcata. Join naturalist Jenny Hanson for a guided tour of the Lanphere Dunes Unit of the Humboldt Bay National Wildlife Refuge. Meet at Pacific Union School to carpool to the protected site. Free. www.fws.gov/refuge/humboldt_bay. 444-1397.

Hammond Trail Work Day. First Saturday of every month, 9-11 a.m. Hammond Trail, McKinleyville, McKinleyville. Work, clean and paint. Dress for work. New volunteers welcome. Changing locations each month. Contact for meeting place. sbecker@reninet.com. www.humtrails.org. 826-0163.

North Group Sierra Club Hike. Arcata Community Forest, Union Street. Go for an easy five-mile hike in the Arcata Community Forest and Redwood Park. Carpools meet at 9 a.m. in the Arcata Safeway parking lot or 9:15 a.m. at Redwood Park's 14th Street parking area. No dogs. Bring water and lunch. Se habla poco Español. Heavy rain cancels. Free. 825-3652.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Dec. 4 listing.

COMEDY

Mateel Comedy Cabaret. First Saturday of every month. Mateel Community Center, 59 Rusk Lane, Redway. Professional comedy series. Ages 18 and up. \$10.

Make Me Laugh. 9-11:30 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. The ultimate comedy competition. \$5. 502-9656

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

6 Sunday

ART

Winter Open Studio. 10 a.m.-4 p.m. StewArt Studios, 1125 16th St., Arcata. See Dec. 5 listing.

DANCE

Oceans Deep. 2-4 p.m. Synopsis Studio, 47 A West Third St., Eureka. See Dec. 4 listing.

MOVIES

Korla. 4:30 & 7 p.m. Richards' Goat Tavern & Tea Room, 4011 St., Arcata. Korla Pandit film with special screening and film maker Q&A after film. \$8. www.richardsgoat.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Madrigal & MRT Singers. 8-9:30 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. A cappella Renaissance music, a contemporary "Christmas Lullaby,"

jazz standards and a new take on an old spiritual. Rachel Samet directs. \$8, \$5, children/HSU students free. HSUMusic.blogspot.com.

White Xmas Party. 4:30-6 & 7-8:30 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. Jazz Christmas music and dance from the 1940s evoke the classic movie *White Christmas*. Seating limited. Reservations suggested. \$12. info@hloc.org. www.hloc.org. 822-3319.

THEATER

Down the Rabbit Hole. 2 p.m. Mateel Community Center, 59 Rusk Lane, Redway. See Dec. 3 listing.

Little Women Musical. 2-4:30 p.m. Ferndale Repertory Theatre, 447 Main St. See Dec. 4 listing.

EVENTS

AHHA Benefit Concert. 7 p.m. Goodwin Forum, Humboldt State University, Arcata. Live music by Persephone and Sabrina Fisher. Guest speakers, tables and more.

Welcome Home Golden Rule. 4-8 p.m. Redwood Coast Montessori School, 1611 Peninsula Drive, Manila. The historic peace boat returns from its voyage to San Diego. Join the crew for a slide show, lasagna dinner and dancing with Kingfoot. RSVP. \$25. vfpgoldenruleproject@gmail.com. vfpgoldenruleproject.org/events. 443-5180.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos as well as smaller, more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

Freshwater Grange Breakfast. First Sunday of every month, 8-11 a.m. Freshwater Grange, 49 Grange Road, Eureka. Enjoy buttermilk and whole-grain pancakes, eggs, ham, sausage and French roast coffee. Top your eggs with homemade salsa and cheese. \$6, \$4 for kids. 442-7107.

HOLIDAY EVENTS

Chanukah on the Plaza. 4:30 p.m. Arcata Plaza, Ninth and G streets. Menorah lighting, dreidels, music, raffle, face painting and more. Free.

Christmas Bazaar. 10 a.m.-5 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. See Dec. 3 listing.

Christmas Celebration in Song. 3 p.m. Church of the Assumption, 546 Berding St., Ferndale. The Ferndale Community Choir gives an encore performance, concluding in time for the lighting of America's tallest lighted living Christmas tree. Free.

Christmas Tree Lighting. 5:30 p.m. Ferndale Main Street. Decked with lights by Ferndale's volunteer firefighters, the huge spruce at the end of Main Street shares the stage with the Booster Band, Chameleon Singers, 4-H, Scout Troops and more. Stay for free cookies and cocoa. Free.

Company of Voices Concert. 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Choral sacred holiday music. Free. www.humboldtarts.org.

Cricket on the Hearth. 8 p.m. and 2 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Dec. 4 listing.

Holiday Art Fair. 12-5 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Paintings, prints and cards, glass and ceramics, books, and other gifts by local artists. Refreshments and music. Free. annintrin@lycos.com. 677-9493.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Holiday Gift Boutique. 10 a.m.-4 p.m. Studio 299, 75 The Terrace, Willow Creek. See Dec. 5 listing.

Humboldt Artisans Craft and Music Festival. 10 a.m.-6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See Dec. 4 listing.

Humboldt Artist Gallery Holiday Fair. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Dec. 5 listing.

It's a Wonderful Life Live Radio Play. 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Dec. 4 listing.

Li'l Red in the Redwoods. 7 p.m. Trinidad Elementary School, 300 Trinity St. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

Linguica and Beans Dinner. 4-7 p.m. Portuguese Hall, Fifth Street and Ocean Avenue, Ferndale. Food and friendliness on tree lighting night. \$12 donation, \$6 kids ages 6-12. 786-4222.

Maggie Dickson Christmas Bazaar. 10 a.m.-3 p.m. Neighborhood Facility, Highway 96, Hoopa. Arts and crafts booths. Also, doughnuts, hot chocolate and clam

chowder bread bowls for sale. Free admission.

OUTDOORS

Dune Restoration. First Sunday of every month, 1-4 p.m. Lake Earl Wildlife Area, 2591 Old Mill Road, Crescent City. Ensure that diverse native dune plants can survive and spread, providing homes and food for native animals. Free. 954-5253.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. \$3. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

7 Monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music from the 1930s through 1950s. Refreshments served. \$4. 725-5323.

MUSIC

Humboldt Folklife Society Sing-along. First Monday of every month, 7 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Come sing your favorite folk, rock and pop songs of the 1960s with Joel Sonenshein. Songbooks are provided. Free. joel@asis.com. 839-7063.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Li'l Red in the Redwoods. 6:30-7:30 p.m. Mateel Community Center, 59 Rusk Lane, Redway. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. \$10,\$5, Free to MCC members. info@dellarte.com. www.dellarte.com. 668-5663.

MEETINGS

Bayside Grange Monthly Meeting. First Monday of every month, 7 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Lively conversation, noshing and discussions about the restoration and program diversity of the Bayside Grange. Free. hallmanager@baysidegrange.org. www.baysidegrange.org. 822-9998.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

Monday Night Football. 5:20 p.m. Arcata Theatre Lounge, 1036 G St. Pro football on the giant screen. All ages. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

ETC

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. New and seasoned players welcome. \$15. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

8 Tuesday

BOOKS

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Free.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Dec. 6 listing.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Li'l Red in the Redwoods. 7:30-8:30 p.m. Winema Theatre, Main St., Scotia. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

Continued on next page »

Arcata Recreation Division presents the 16th Annual

Holiday Craft Market

With over 50 local artisans, you're sure to find unique handcrafted gifts for this holiday season!

Arcata Community Center
Sat., Dec. 12th 10am-5pm
Sun., Dec. 13th 10am-4pm
Admission \$1

Benefiting the Youth Development Scholarship Fund

For more information contact:
822-7091 • www.cityofarcata.org/rec • Find us on Facebook!



just a few steps off the arcata plaza

goodness
so many holiday gifts for dancers
movers and shakers

668 8th
822-7894

threadbare dancewear



SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Chamber Mixer. 5 p.m. Scotia Inn, 100 Main St. Refreshments at 5 p.m. in the lobby, with a program and silent auction at 5:30 p.m. Free. www.thescotiainn.com.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pegs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

9 Wednesday

MOVIES

Sci Fi Night ft. *Moon of the Wolf*. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. A made-for-TV thriller blending a murder-mystery with an old-fashioned werewolf story. Free w/\$5 food or bev purchase. www.arcatatheatre.com.

FOR KIDS

Youth & Teen Study Group. 3-4:30 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. A quiet environment where students can receive extra help on homework, a snack and optional on-site tutoring. Free. lynea237@gmail.com. www.ervmgc.com. 725-3300.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

HOLIDAY EVENTS

Christmas Home Tour and Tea. 1-9 p.m. Fortuna Monday Club, 610 Main St. The Fortuna Garden Club's 45th annual tour features four homes and holiday tea. This year's theme is "A Holly Jolly Christmas." \$15, \$25 for two. 725-6757.

CR Christmas Concert. 7 p.m. Eureka Inn, 518 Seventh St. Enjoy the College of the Redwoods Concert Band performing a unique selection of Christmas Carol arrangements. Free. www.eurekainn.com.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Tree Lighting. 6 p.m. Humboldt Redwoods State Park Visitor's Center, 17119 Avenue of the Giants, Weott. Join everyone at the Visitor Center for homemade treats and caroling starting at 6 p.m., with tree lighting and a visit from Santa at 7 p.m. Free. www.humboldtredwoods.org.

MEETINGS

Conservation Meeting. Second Wednesday of every month, noon. Golden Harvest Café Arcata, 1062 G St. Participants discuss access to Clam Beach and other issues with the Redwood Region Audubon Society. Free. www.goldenharvestcafe.com. 445-8311.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

10 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Dec. 3 listing.

BOOKS

Thursday Afternoon Book Club. Second Thursday of every month, 12-1 p.m. Humboldt County Library, 1313 Third St., Eureka. Fun and lively discussion group focusing on adult fiction and nonfiction. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

THEATER

Anton in Show Business. 7:30-10 p.m. Gist Hall Theatre, Humboldt State University, Arcata. See Dec. 4 listing.

The Character Projects. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Share the evening with 10 actor-poets in Dell'Arte's student show as they transform into characters in imagined worlds. Pay what you can. www.dellarte.com. 668-5663.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Dec. 3 listing.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 3 listing.

Humboldt Area Foundation Holiday Open House. 3-6 p.m. Humboldt Area Foundation, 363 Indianola Road, Bayside. Enjoy appetizers, dRinks and good cheer. Free. info@hafoundation.org. 442-2993.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Dec. 4 listing.

Li'l Red in the Redwoods. 7-8 p.m. Yurok Tribe Headquarters, 190 Klamath Blvd., Klamath. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

Winter Gala. 5:30-7:30 p.m. McKinleyville Middle School, 2285 Central Ave. Browse handmade pottery by McKinleyville Middle School Entrepreneurial Art students. Also silent auction and winter concert by the MMS band. Free. edostal@nohum.k12.ca.us. 839-1508.

MEETINGS

Humboldt Grange 501 Potluck. Second Thursday of every month, 6:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Grange Women's Auxiliary meets at 6 p.m., potluck at 6:30 p.m., Grange meeting 7:30 p.m. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

Redwood Coast Woodturners. Second Thursday of every month, 6-8:30 p.m. McKinleyville Middle School,

2285 Central Ave. All interested in wood turning are welcome, beginner to pro, no prior experience needed. For more information call 499-9569. Free.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 4 listing.

ETC

Cannabis Legalization Workshop. 5:30 p.m. Monument Middle School, 95 Center St., Rio Dell. Speakers include Joey Luiz, Robert Christensen, Paul Gallegos, Luke Bruner, Liesl Finkler and John Ford. Free.

Community Board Game Night. Second Thursday of every month, 7-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslncrp@northcoast.com. www.baysidegrange.org. 444-2288.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Dec. 3 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Dec. 3 listing.

Heads Up This Week

Westhaven Center for the Arts seeks new Musician in Residence. Applications due Dec. 14. Call 834-2479 or email jeinem@humboldt1.com.

North Coast Repertory Theatre announces open auditions for *The Comedy of Errors* by William Shakespeare on Dec. 6 at 6 p.m. and Dec. 7 at 6 p.m. at NCRT. Call 268-0175.

Food for People is in need of holiday turkeys/hams. To donate, please drop off at 307 W. 14th St. in Eureka or call 445-3166.

Kris Kringle's Christmas Craft Fair seeks vendors for its Dec. 12 event. Call 845-7591 for more information.

Artists, crafters, home based business owners and others with gift items to sell are invited to participate in the holiday store through the Rio Dell Scotia Chamber of Commerce. Call 506-5081.

The Arcata Presbyterian Church is planning its annual Christmas basket distribution. Applications are available for residents of Arcata, Manila, Samoa, Blue Lake and Bayside. Contact Wendy at 822-1321.

Ferndale Repertory Theatre holds auditions for *Bat Boy: the Musical* Dec. 6 and 7 from 6-8 p.m. at Bethel Church in Eureka. For more info, email leira@ferndalerep.org.

Low-cost firewood is available for income-eligible older adults. Call 443-9747 ext. 1241 for more information.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

Holiday Events

11 Friday

The Bigfoot Lodge Holiday Radio Hour. 8 p.m. Arcata Playhouse, 1251 Ninth St. Esteemed radio personality Harrison La Blank comes to the lodge from New York City for a live broadcast of his show. \$12, \$10, \$8 kids 12 and under.. 822-1575.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. An all-new musical adapted from a story by Charles Dickens. A perfect holiday treat

for the whole family. \$20-\$10.

Electric Lighted Truck Parade. 6:30 p.m. Redwood Village Shopping Center, 735 S Fortuna Blvd., Fortuna. Watch the truckers, tractors and other vehicles festooned with Christmas lights. Free. 725-3959.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka.

Holiday Open House. 5-8 p.m. Fortuna Main Street, Main Street. This Old Fashioned Downtown Holiday Open House will warm your holiday spirits. Fire pits in the crosswalks will keep you warm! The festivities start at 5pm and end at 8:00pm., so join in on the fun! Many downtown businesses will have holiday in-store specials and some will offer kid's crafts, and most all will host refreshments as you stroll and shop in the stores. Enjoy the horse drawn carriage rides, live musical acts, and strolling carolers. Join us for our fourth annual Community Sing Along at 7:40pm in the center of downtown at 11th and Main St., where children will receive a flickering hand held luminary light. With our lighted street pole candy canes and all the activities, it is sure to be a traditional Holiday Open House to remember. As you wait for the Electric Lighted Parade to cruise down Main Street don't forget to vote for "The People's Choice Window Contest" for your favorite merchant's window display. Before you leave downtown be sure to look for Santa in his chair at one of the downtown businesses, a great photo opportunity for your children's Christmas memories. Free.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The American holiday classic comes to life as a live radio broadcast as performed by a cast in a 1940s radio station. \$16, \$13.

Li'l Red in the Redwoods. 7:30-8:30 p.m. Eureka Theater, 612 F St. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

The Nutcracker. . Arkley Center for the Performing Arts, 412 G St., Eureka. North Coast Dance Studio performs the classic Christmas ballet. \$20, \$12. www.arkleycenter.com.

12 Saturday

The Bigfoot Lodge Holiday Radio Hour. 2 p.m. Arcata Playhouse, 1251 Ninth St. See Dec. 11 listing.

Children's Holiday Gift Making Workshop. 11 a.m.-2:30 p.m. Church of the Joyful Healer, 1944 Central Avenue, McKinleyville. Children make nice, low-cost Christmas gifts as an alternative to shopping. Santa visits too. Free. 839-5691.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Dec. 11 listing.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

Holiday Castles & Graham Cracker Houses. 10:30 a.m.-noon & 1-2:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Create a cookie and candy house, share stories and take home a holiday decoration that tastes great. Call to preregister. \$15, \$20 for non-Arcata residents. rec@cityofarcata.org. www.cityofarcata.org/rec. 822-7091.

Holiday Craft Market. 10 a.m.-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Peruse unique handcrafted items from over 50 artisans. Enjoy live music, local food and holiday cheer. \$1 donation.

hstevens@cityofarcata.org; rec@cityofarcata.org. www.cityofarcata.org/rec. 822-7091.

Holiday Open House. 4-8 p.m. Essential Elements Wellness Spa & Sauna, 1639 Central Ave., Ste. A, McKinleyville. Enjoy sparkling wine or cider and hors d'oeuvres while you peruse local vendors and gift basket creations. Free. www.essentialelementsspa.com/essential-events. 839-7772.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Dec. 11 listing.

Loleta Craft Fair. 9 a.m.-3 p.m. Loleta Elementary School, 700 Loleta Dr. 10th Annual Loleta Craft Fair sponsored by the Wiyot Tribe at the Loleta School Gym. For more information, call 273-7425. leeannduclo@yahoo.com. 273-7425.

Mistletoe Market. 9 a.m.-2 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Over 20 vendors to help you cross names off your Christmas shopping list. Door prizes every half hour. www.friendlyfortuna.com.

The Nutcracker. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 11 listing.

Stocking Stuffer Boutique. 10 a.m.-3 p.m. The MGC, 2280 Newburg Road, Fortuna. Peruse vendor booths featuring one of a kind hand made gifts and food items. Enjoy spiced cider and cookies while you browse. Free admission. ervmgc.com.

Stories with Santa. 2-4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Storytelling by Santa, photo opportunities with Santa, holiday art activities and refreshments. \$5, \$2, Free to MGMA members and children. www.humboldtarts.org.

Trucker's Christmas Parade. 6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Watch the trucks, tractors and other vehicles festooned with Christmas lights. Free. truckersparade@kekal01.com. www.redwoodacres.com. 442-5744.

'Twas the Night Before Christmas. 6 p.m. Eureka High School Auditorium, 1915 J St. Presented by Trillium Dance Studio & The Ink People, with a cast of more than 250 young dancers, ranging in age from 4 years to adult. The holiday ballet tells a magical Christmas Eve tale of adventure when the toys under the tree come to life. Story and choreography by Artistic Director Erin McKeever. \$15, \$10 reserved, \$13, \$8 general. www.TrilliumDance.com. 822-8408.

Winter Arts Faire. 10 a.m.-6 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Nearly 50 artisan booths, music, children's storytelling, food and drink and a visit from Santa. \$5, free to MCC members. www.mateel.org.

13 Sunday

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Dec. 11 listing.

Fortuna Christmas Music Festival. 12-6:30 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. A full day of holiday music for the community featuring barbershop singers, choirs, bands and a full orchestra. Proceeds go to charity. Free. www.friendlyfortuna.com.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

Holiday Craft Market. 10 a.m.-4 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See Dec. 12 listing.

Li'l Red in the Redwoods. 5-6 p.m. Orick School, 120918

Highway 101. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

Lighted Tractor Parade. 7 p.m. Ferndale Main Street, Main Street. Local farmers and ranchers parade fancifully decorated tractors and tractor-drawn wagons depicting holiday scenes down the Victorian Village's historic Main Street for a sparkling country Christmas celebration. Tractors start at 7 p.m. Free. 786-4477.

The Nutcracker. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 11 listing.

Tuba Christmas. 4:30 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. Ring in the holiday season with deep brass tones. Free. www.friendlyfortuna.com.

'Twas the Night Before Christmas. 2 p.m. Eureka High School Auditorium, 1915 J St. See Dec. 12 listing.

Winter Arts Faire. 10 a.m.-6 p.m. Mateel Community Center, 59 Rusk Lane, Redway. See Dec. 12 listing.

14 Monday

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

Li'l Red in the Redwoods. 5-6 p.m. Loleta Elementary School, 700 Loleta Dr. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

The Nutcracker. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 11 listing.

15 Tuesday

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

How the Grinch Stole Christmas Reading. 11 a.m. Betty Kwan Chinn Day Center, Corner of Seventh and C Streets, Eureka. Live music sing along, holiday arts and crafts, Whooville Photo Booth (have your picture taken with the Grinch), free lunch and a copy of the book. registration at 10:30 a.m. Free for kids 5 and under and their families. 407-3833.

The Nutcracker. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 11 listing.

Volunteer Orientation. 6:30-7:30 p.m. SCRAP Humboldt, 101 H St. Suite D, Arcata. Attend SCRAP's monthly Volunteer Orientation and learn about this dynamic, growing organization. Free. volunteer@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

16 Wednesday

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

The Nutcracker. Arkley Center for the Performing Arts, 412 G St., Eureka. See Dec. 11 listing.

17 Thursday

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

Li'l Red in the Redwoods: A Holiday Tale Closing Weekend. 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. The Dell'Arte Company's annual holiday show. A re-imagining the classic folktale *Little Red Riding*

Hood. \$10, \$8. www.dellarte.com. 668-5663 ext. 20.

18 Friday

Christmas in Connecticut. 7 p.m. Eureka Theater, 612 F St. Celebrate the holiday spirit at The Eureka Theater with a classic holiday comedy. \$5. www.theeurektheater.org.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Dec. 11 listing.

Li'l Red in the Redwoods: A Holiday Tale Closing Weekend. 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Dec. 17 listing.

19 Saturday

Nutcracker in Narnia. 3:30-5 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Trinity Ballet Academy presents this original ballet featuring dances from the Land of the Nutcracker and from the Land of the Christmas Star. \$12, \$8. 839-1816.

Holiday Handmade/Makers' Fair. 10 a.m.-5 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Peruse local arts and crafts booths, listen to live music, eat delicious food and beverages provided by Comfort of Home Catering. www.baysidegrange.org.

Li'l Red in the Redwoods: A Holiday Tale Closing Weekend. 2 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Dec. 17 listing.

The Nutcracker Ballet. 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The Dance Scene Studio and The Ink People's Sundance Ballet Company present *The Nutcracker*. \$18, \$12 child, \$15, \$10 advance.

20 Sunday

Holiday Evening. 5 p.m. Winema Theater, Main St., Scotia. Enjoy live holiday music by the Winema Winds, a pizza dinner, kids cartoons and the movie *Santa Conquers the Martians*. Dinner/\$5, \$3 kids under 6, Movie/\$5, \$3 kids 6-16, free kids 5 and under.

Holiday Handmade/Makers' Fair. 10 a.m.-5 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. See Dec. 19 listing.

The Nutcracker Ballet. 2 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Dec. 19 listing.

24 Thursday

Christmas Sing-along with Santa. Benbow Inn, 445 Lake Benbow Drive, Garberville. The Benbow Historic Inn will be transformed into a spectacle of lights, decorations and good cheer during its December Toyland Christmas Celebration. Christmas sing-along with Santa on Christmas Eve. confirmations@benbowinn.com. www.BenbowInn.com. 923-2124.

31 Thursday

New Year's Eve with Caravan of Glam. 9 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Three hours of live entertainment from your favorite Portland drag performers. Music by Pressure Anya, visual stylings by Marmalade sky. \$35 VIP, \$25. www.bluelakecasino.com.

RampArt New Year's Celebration. 9 p.m.-1 a.m. RampArt Skatepark, 700 South G St., Arcata. Live music, skating and midnight celebrations. \$15. rampartskatepark.org.

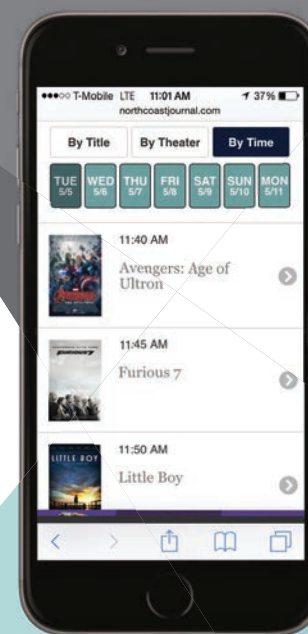
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Champs

Getting down to the story

By John J. Bennett

filmland@northcoastjournal.com

Reviews

CREED. Writer/director Ryan Coogler and star Michael B. Jordan last collaborated on *Fruitvale Station* (2013), which signaled their arrival as talents to watch. *Creed* bears out that hypothesis, showcasing their ability to find humanity and heart in a story while producing something genuinely entertaining. No small feat, either, to have accomplished this within the confines of a potentially worn out franchise within a potentially worn out genre.

Even among fans, Rocky is long in the tooth, and until now boxing movies had started to feel like relics. But Coogler (with co-writer Aaron Covington) and Jordan have brought fresh perspective to a bloated franchise and proven there are still dynamic, compelling ways to tell an old-fashioned pugilism story.

Jordan plays Adonis Johnson, whom we meet as a young boy and a guest of the state in Los Angeles, 1998. Already a fighter, he's become accustomed to life in group homes, foster care facilities and detention centers. In walks Mary Anne Creed (Phylicia Rashad), with life-changing information. She adopts "Donnie," who chooses to retain his late mother's name in the towering shadow of his late father's legend. That legend, for the uninitiated, is of Apollo Creed (Carl Weathers), the greatest boxer of all time, killed in the ring. (See *Rocky* through *Rocky IV*). Adonis starts down a button-up career path, simultaneously developing a perfect record boxing in Mexico. He can't handle office life, and so resigns and makes his way to Philadelphia to train with Rocky Balboa (Sylvester Stallone) and learn more about Apollo. Rocky reluctantly agrees to the deal just as Adonis' lineage becomes public and an unlikely title shot materializes.

A summary doesn't do the movie justice, being sturdily predictable genre stuff. It comes to life on-screen, though, in quietly innovative ways. Jordan proves again he is indeed a movie star, and Stallone gives a surprisingly touching performance. Director of photography Maryse Alberti (whose resume is impressive, despite her recent work on *The Visit*) proves a vital collaborator, helping Coogler move his camera fluidly through contemplative sections and knock-down-drag-outs alike. Some of the nods to Philadelphia and to

the earlier *Rocky* movies may prove too sentimental for some, but they are vital. *Creed* balances respect and reverence for the source material, and its home city, with a new way of looking at it. *R. 101M. BROADWAY, FORTUNA, MILL CREEK.*

SPOTLIGHT. From any angle, this is an anti-*Creed*: a talky, contemplative story about middle-aged, white Bostonian journalists investigating child-abuse in the Catholic Church circa 2001. A testament to great writing, acting and overall execution, though, it proves to be every bit as exciting and watchable as well-crafted fight sequence.

The titular group is a four-person team taking on long-term investigations at *The Boston Globe*: Sacha Pfeiffer (Rachel McAdams), Matt Carroll (Brian d'Arcy James) and Mike Rezendes (Mark Ruffalo), led by veteran editor Walter Robinson (Michael Keaton). In early 2001, with the newspaper business starting to slide queasily toward the precipice, the *Globe* hires editor-in-chief Marty Baron (Liev Schreiber). As he becomes aware of the potential breadth and depth of child abuse within the church, he suggests the Spotlight team look into it. The reporters reluctantly agree, and over the year uncover a horrifying, formalized system of sex crime far worse than anticipated.

Written by Josh Singer and Tom McCarthy (McCarthy also directed), *Spotlight's* screenplay could be taught in film schools. That rarest example of everything done right, it uses dialogue and character to create tension in an inspiring way. Consisting almost entirely of people talking, it's still as compelling as a classic thriller. The quiet visual style is unobtrusive, but it suits the material and showcases the acting. Ruffalo, in particular, demonstrates again that he is among the best working today, transforming himself with the slightest nuances of physicality and inflection.

This story is innately disturbing, and thus compelling, but McCarthy makes an unassuming, powerful, resonant work of art out of it. *R. 101M. BROADWAY, MILL CREEK.*

VICTOR FRANKENSTEIN. The opening voice-over, delivered by the man who will become Igor (Daniel Radcliffe), suggests that we know this story. And that's true, try as the movie might to give us a fresh perspective on it.

It falls to Igor to provide that perspec-



I don't know why we're yelling!

ive, though in the opening scenes he is a nameless circus freak in Victorian England. Constantly abused by his co-workers, secretly in love with trapeze artist Lorelei (Jessica Brown Findlay), fascinated by anatomy and medicine, the poor guy gets no respect. Into his life strides the half-crazed but charismatic Victor Frankenstein (James McAvoy), and things will never be the same. After a series of dramatic incidents at the circus, Victor names his new charge Igor and, recognizing his talents, takes him on as his assistant. They set to work attempting to re-animate corpses, basically, while under the scrutiny of a devout Christian police detective (Andrew Scott).

The characters are more dynamic than one might expect from a monster movie, and the actors portraying them do solid work across the board. The result is a movie that consistently entertains, despite its predictability and occasional narrative flat spots. *PG13. 109M. BROADWAY, FORTUNA, MILL CREEK.*

— John J. Bennett

For showtimes, see the Journal's listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.

Previews

KRAMPOS. A family lacking Christmas spirit gets the holiday from Hell when the Germanic boogeyman comes down the chimney in this horror-comedy. *PG13. 98M. BROADWAY, FORTUNA, MILL CREEK.*

THE LETTERS. A dramatic portrait of Mother Theresa through notes to a priest pen pal. *PG. 119M. BROADWAY.*

Continuing

BROOKLYN. An Irish immigrant is pulled between her roots back home and the new life and inter-cultural romance she's started with a swell Italian-American fella. *PG13. 111M. MINOR.*

THE GOOD DINOSAUR. Animated interspecies buddy movie set in an alternate universe in which dinosaurs and humans coexist. With Jeffrey Wright and Frances McDormand. *PG. 100M. BROADWAY, FORTUNA, MILL CREEK.*

HUNGER GAMES: MOCKINGJAY PART 2.

The last nail in the franchise's coffin is so dull you may have to fight your way to the exits. *PG13. 136M. BROADWAY, FORTUNA, MILL CREEK, MINOR.*

LOVE THE COOPERS. A pile-up of talented actors (John Goodman, Diane Keaton, Alan Arkin, Marisa Tomei) in a wreck of a holiday-family-dysfunction comedy that takes itself too seriously. *PG13. 107M. BROADWAY.*

THE MARTIAN. Ridley Scott directs Matt Damon as a stranded astronaut in a compelling and life-affirming space drama. *PG13. 141M. BROADWAY.*

THE NIGHT BEFORE. Seth Rogen leads his bros Joseph Gordon-Levitt and Anthony Mackie in a fun and funny drug-fueled holiday comedy about being a dude, growing up late and the joy of cameos. *R. 101M. BROADWAY, MILL CREEK.*

THE PEANUTS MOVIE. Snoopy and the gang put their enormous heads together again for this animated feature. *G. 93M. BROADWAY.*

SECRET IN THEIR EYES. This adaptation of the Argentinian thriller showcases powerful actors (Julia Roberts, Chiwetel Ejiofor, Nicole Kidman) but loses steam. *PG13. 111M. BROADWAY, MILL CREEK.*

SPECTRE. Daniel Craig returns for more sharp-suited globe trotting and plot foiling with nods to classic Bond films. Innovative action but heavy on the soul searching. *PG13. 148M. BROADWAY, MILL CREEK.*

— Jennifer Fumiko Cahill

MOVIES & EVENTS

Dec 3 - Dec 9

Thurs Dec 3 – Ocean Night Film Screening, Doors @ 6:30 PM, All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under.

Sun Dec 6 – Phutureprimitive, Doors @ 9:30 PM, \$15 lim adv/\$20 adv tix online @World Famous Productions, 21+.

Wed Dec 9 – Sci Fi Night ft. Moon of the Wolf (1972), Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

12/4 – Sleepy Hollow (1999), Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated R.

Arcata Theatre Lounge f
arcatatheater.com • 822-1220 • 1036 G St.

Workshops & Classes

List your class – just \$4 per line per issue! Deadline: Friday, 5p.m.

Place your online ad at **classified.northcoastjournal.com**
or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

CREATING WITH CLAY. First and third Thurs.s 6:30 -8:30pm . Free two-hour workshop. Call to reserve space. Fire Arts Center 520 South G St. Arcata 707-826-1445 fireartsarcata.com (AC-1231)

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (AC-1224)

UPCYCLING CLASSES AT SCRAP HUMBOLDT For Youth & Adults! For the full schedule visit www.scraphumboldt.org (707) 822-2452

Communication

THE ART OF HEALTHY ARGUMENTS EXAMINED AT LIFETREE CAFÉ Ways to avoid destructive disagreements will be explored at Lifetree Café on Sunday, December 6 at 7 p.m. The program titled, "'I Disagree!' How to Have a Healthy Argument," explores common causes of disagreements and offers practical tips for preventing arguments from damaging relationships. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or bobbipert@hotmail.com or www.lifetreecafe.com (C-1203)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: Remember the innocence of dancing when you were little? Remember moving to the music and just feeling the joy of dancing? That's what we work on recapturing. We are your ballroom dance experts, offering group and private lessons in a non-threatening environment. (707) 464-3638, debbie@dancewithdebbie.biz (D-1231)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-1231)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m., Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-1231)

WEST AFRICAN DANCE W/ LIVE DRUMMING. Tues.'s, All Level Class, 5:30 p.m -7 p.m. Thurs.'s Beginning/Breakdown, 7 p.m.-8 p.m., Redwood Raks Dance Studio, Arcata. Facebook Arcata West African Dance or contact Heather (707) 834-3610. (DMT-1231)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-0225)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-1231)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

Kids & Teens

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (KT-1224)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

BEHIND THE SCENES: COSTUME DESIGN WITH GAILY BROWNING AND RIMA GREER. Tues., Dec. 15 from 5:30-6:30 p.m. Learn the secrets behind the creation of beautiful gowns, tutus, and character masks designed for The Nutcracker. OLLI Members \$10/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1210)

BOOK ARTS:BOOK OF WORDS, COPTIC STITCH. WITH MICHELE OLSEN Explore the written word as an art form as you create pages for your small book. Tues. & Thurs., Dec. 8 & 10 from 1-4 p.m. OLLI Members \$65/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1203)

THE HEART OF INDIA: THE TOUR WITHOUT THE AIRFARE. WITH ROLLIE LAMBERSON AND RICK VREM. Learn about India, a country of ancient cultures, spectacular structures, and incredible color. Tues., Dec. 8 from 6-8 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1203)

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (50-1224)

THE HONEST GENEALOGIST. WITH MICHAEL COOLEY. This course will reveal the telltale signs of badly documented genealogies and how they instruct us on the methodologies required to create an accurate genealogical work. Sat., Dec. 12 from 1-4 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1210)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com . (S-1224)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m, Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com, www.kdkarcatagroup.org (S-1231)

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-1231)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-1231)

TRANSMISSION MEDITATION Wednesdays 6-7pm Isis Osiris Healing Temple 44 Sunny Brae Ctr, Arcata TransmissionMeditation.org 707-681-9970 (S-1210)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-1231)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m, at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1231)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-1231)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0421)

WE NEED TO TALK - FAMILY CONVERSATIONS WITH OLDER DRIVERS Free AARP class offers practical tips and advice for families to talk about driving safety concerns with their loved ones in a sensitive and successful way. Presented by Peggy Bell-Hans OTR/L. Area 1 Agency on Aging 434 7th St., Eureka. December 10, 2015 10:00am-11:30am. Call to register 707-845-3201 or email otonwheels@pbell-hans.com (TS-1203)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Festival of Herbs: Visiting Teachers Series. Dec. 2015 - May 2016. Meets the 1st weekend of the month for intermediate to advanced herb students and health care practitioners. Learn from renowned herbalists: Rosemary Gladstar, Christopher Hobbs, Amanda McQuade-Crawford, Kevin Spelman, Kathleen Harrison and Jessica Baker! Beginning with Herbs. Jan. 13 - March 9, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Register online www.dandelionherb.com or call (707) 442-8157. (W-1203)

MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE. Free introductory lesson and discussion about massage school. Tuesday, January 12 at 5 p.m. Visit arcatamassage.com or call (707) 822-5223 for info.. (W-0128)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-1231)



Dear HumCo,
Tell us your food crush!
Yours always,
NCJ
P.S. Email jennifer@northcoastjournal.com

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code. The undersigned will sell at public sale by competitive bidding on the 16th of December, 2015, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage. The following units are located at 4055 Broadway Eureka, CA, County of Humboldt.

Sean Dulock, Unit # 5508

The following units are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Andrea Baker, Unit # 2403
Amy Walmsley, Unit # 2407
Mark Andersen, Unit # 2703
Lora Milligan, Unit # 2911

The following units are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Linda Stewart, Unit # 1112
Mary Gannon, Unit # 1216
Michelle Friedrich, Unit # 1356
Robinn Baird, Unit # 1504
Kathleen Poole, Unit # 1557
Michael Walker, Unit # 1616
Tyler Chapman, Unit # 1716
Shannon Lucei, Unit # 1767
Savanah Canfield, Unit # 1787
Deborah Arrington, Unit # 1809
Mark Trevino, Unit # 1812

The following units are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Haven Kozak, Unit # 128
Mary Warner, Unit # 216
Kody Hubbell, Unit # 250
Michael Koenig, Unit # 318
Justin Massie, Unit # 392
Michelle Chase, Unit # 480

The following units are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Elizabeth Martella, Unit # 2103
Asriel Aquart, Unit # 3113
Jacqueline Stone, Unit # 8113

The following units are located at 2394 Central Avenue McKinleyville CA, County of Humboldt and will be sold immediately following the sale of the above units.

Brian Smith, Unit # 9244
Anthony Belcastro, Unit # 9250
John Sotelo, Unit # 9298

The following units are located at 180 F Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

Amber Casey, Unit # 4116
Adam Sheley, Unit # 4414
Jan C. Kopacz, Unit # 4435
Paul Roach, Unit # 6007
Jeffrey Brown, Unit # 6200
Seth Perez, Unit # 7034
Richard Matusak, Unit # 7065

The following units are located at 940 G Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

Robert Fleshman Jr., Unit # 6356
Loretta Swinford, Unit # 6430
Daniar Betancourt, Unit # 6439

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown. Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 3rd day of December, 2015 and 10th day of December, 2015

Notice Is Hereby Given
that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700-21716 of the Business and Professional Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will be sold at public auction by competitive bidding on the 4th day of December, 2015, at 11:00 AM on the premises where said property has been stored and which are located at INDIANOLA STORAGE, 673 Indianola Cutoff, Eureka, County of Humboldt, State of California. The following units will be sold:

Stacey Salas- unit #142 - Misc. Household items
Frank Linkenburg - unit #225 - Baby grand piano
Ben (Matt) Miller - unit #239 - Misc. Household items

Purchase must be paid for (cash only) and removed at the time of

the sale, with the unit left broom clean. Sale is subject to cancellation in the event of settlement between owner and obligated party. Owner reserves the right to bid. Call 442-7613.
Indianola Storage, Jerry Avila, bond #0327592

FICTITIOUS BUSINESS NAME STATEMENT 15-00613

The following person is doing Business as **HUMBOLDT SOLAR** Humboldt, 510 5th Street, Arcata, CA 95521
Ricardo Cedillo
510 5th Street, Arcata, CA 95521
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ricardo Cedillo, Owner
This statement was filed with the County Clerk of Humboldt County on October 27, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

FICTITIOUS BUSINESS NAME STATEMENT 15-00669

The following person is doing Business as **PURE LIFE FORMS** Humboldt, 1720 11 St., Arcata, CA 95521
PO Box 100, Arcata, CA 95518
Joshua P Paik-Nicely
1720 11 St., Arcata, CA 95521
Maria F. Alfán-Jimenez
1720 11 St, Arcata, CA 95521
The business is conducted by A Married Couple.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Joshua P. Paik-Nicely, Owner
This statement was filed with the County Clerk of Humboldt County on November 24, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams



FICTITIOUS BUSINESS NAME STATEMENT 15-00615

The following person is doing Business as **EVOLUTION T-SHIRTS** Humboldt, 211 2nd St. #1, Eureka, CA 95501
Peter M Clark
211 2nd St. #1, Eureka, CA 95501
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Peter M. Clark, Owner
This statement was filed with the County Clerk of Humboldt County on October 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

FICTITIOUS BUSINESS NAME STATEMENT 15-00616

The following person is doing Business as **FULL SPECTRUM PHOTOGRAPHY** Humboldt, 300 Seascap Ln, Trinidad, CA 95570
PO Box 4891, Arcata, CA 95518
Esther Stewart
300 Seascap Ln, Trinidad, CA 95570
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Esther Stewart, Owner
This statement was filed with the County Clerk of Humboldt County on October 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/19, 11/26, 12/3, 12/10 (15-237)

FICTITIOUS BUSINESS NAME STATEMENT 15-00637

The following person is doing Business as **COMMUNITY VISION HEALING** Humboldt, 4041 Brookwood Dr., Bayside, CA 95524
Jamila T Tharp
4041 Brookwood Dr., Bayside, CA 95524
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jamila Tharp, Owner
This statement was filed with the County Clerk of Humboldt County on November 5, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/26, 12/3, 12/10, 12/17 (15-239)

FICTITIOUS BUSINESS NAME STATEMENT 15-00640

The following person is doing Business as **MIGUEL'S** Humboldt, 100 Main St., Scotia, CA 95565
PO Box 18, Scotia, CA 95565
Gallaghers Irish Pub, Inc 3b3b15b
139 2nd Street, Eureka, CA 95501
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Kelly A. Erben, Vice President Secretary
This statement was filed with the County Clerk of Humboldt County on November 6, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/19, 11/26, 12/3, 12/10 (15-234)

FICTITIOUS BUSINESS NAME STATEMENT 15-00649

The following person is doing Business as **A-OK MANAGEMENT SERVICES** Humboldt, Highway 254 Avenue of the Giants #12, Phillipsville, CA 95559
PO Box 25, Phillipsville, CA 95559
Melissa l Richmond
Highway 254 Avenue of the Giants #12, Phillipsville, CA 95559
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Melissa L. Richmond, Executive Officer
This statement was filed with the County Clerk of Humboldt County on November 12, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

FICTITIOUS BUSINESS NAME STATEMENT 15-00673

The following person is doing Business as **ORIGINS** Humboldt, 920 Samoa Blvd Suite 215, Arcata, CA 95521
Tyson J Cramer
3840 Soule St., Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Tyson Cramer, Owner
This statement was filed with the County Clerk of Humboldt County on November 30, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns

12/3, 12/10, 12/17, 12/24 (15-246)

SUBMIT

your

CALENDAR

EVENTS

ONLINE

northcoastjournal.com

OR BY

E-MAIL

calendar@northcoastjournal.com

FICTITIOUS BUSINESS NAME STATEMENT 15-00655

The following person is doing Business as **HUMBOLDT SPA**
Humboldt, 601 5th St,
Eureka, CA 95501
Eureka Wellness & Beauty,
46-2088864
601 5th St., Eureka, CA 95501
The business is conducted by A Corporation.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Amelia Pelz, President
This statement was filed with the County Clerk of Humboldt County on November 16, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

12/3, 12/10, 12/17, 12/24 (15-241)



What's your food crush?

We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the Hum Plate blog.

Email jennifer@northcoast-journal.com

FICTITIOUS BUSINESS NAME STATEMENT 15-00661

The following person is doing Business as **TENDER TREE BIRTH SERVICES**
Humboldt, 10 Spruce St.,
Eureka, CA 95503
Kimberly E Conlin
10 Spruce St, Eureka, CA 95503
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Kimberly E. Conlin
This statement was filed with the County Clerk of Humboldt County on November 18, 2015
A. Abrams
Humboldt County Clerk
By: A. Abrams

12/3, 12/10, 12/17, 12/24 (15-244)

FICTITIOUS BUSINESS NAME STATEMENT 15-00667

The following person is doing Business as **BIEN LIMPIO**
Humboldt, 560 A Park Ave.,
Arcata, CA 95521
Diego A Arevalo
560 A Park Ave, Arcata, CA 95521
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Diego Arevalo, Sole Proprietor
This statement was filed with the County Clerk of Humboldt County on November 23, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/3, 12/10, 12/17, 12/24 (15-243)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

SHASTA LYNN GRAHAM
CASE NO. CV150443
SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501

PETITION OF:
SHASTA LYNN GRAHAM
TO ALL INTERESTED PERSONS:
Petitioner: Shasta Lynn Graham

for a decree changing names as follows:
Present name

SHASTA LYNN GRAHAM
to Proposed Name
SHASTA LYNN PHILLIS

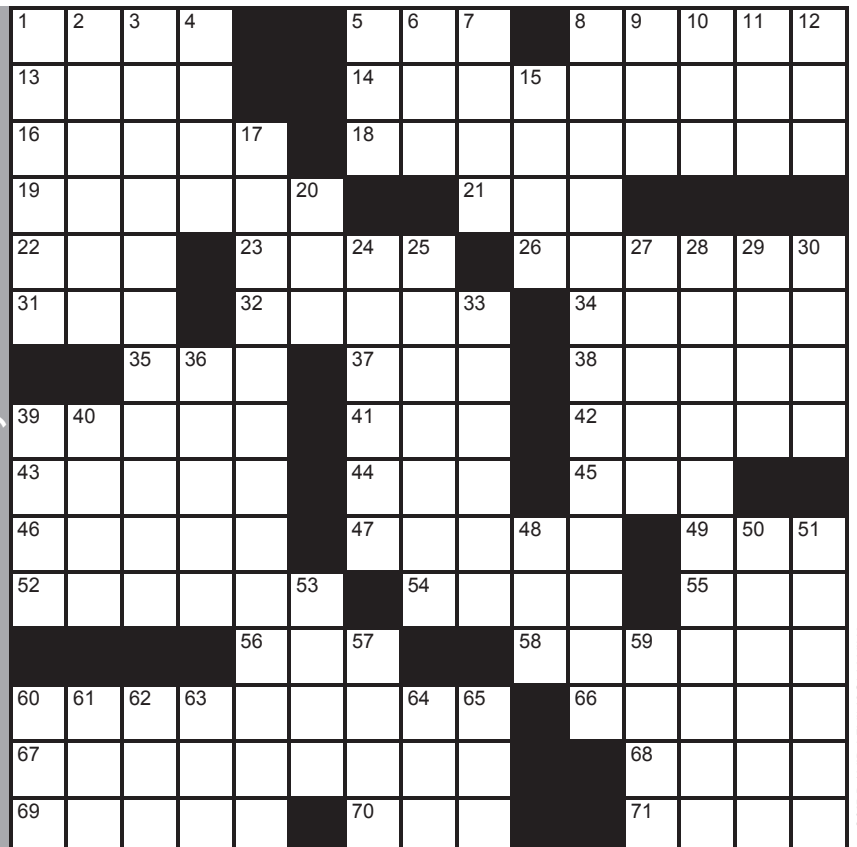
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: December 28, 2015
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: November 6, 2015
Filed: November 9, 2015
/s/ Dale A. Reinholdtsen
Judge of the Superior Court

11/19, 11/26, 12/3, 12/10/2015 (15-236)

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com

HOUSING

CROSSWORD by David Levinson Wilk



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SLEEPYHEADS

ANSWERS NEXT WEEK!

ACROSS

1. Häagen-_____
5. Not bright
8. Restaurant guide name since 1979
13. "My turn to bat!"
14. "In my opinion, you're wrong"
16. Explorer Vasco _____ de Balboa
18. It ended in the early 1930s
19. Alchemist's offering
21. Dawn to dusk
22. _____ room
23. City of southwest Yemen
26. Greek peak near Olympus
31. Many a bachelor pad
32. Ed of "Elf"
34. Special-request flight meal option
35. Acupuncturist's concern

37. Las Vegas-to-Salt Lake City dir.
38. Cara of "Fame"
39. Run-D.M.C.'s "You Be _____"
41. "Charlotte's Web" author's monogram
42. Imperatives
43. Bonnie who won three Grammys for her 1989 album "Nick of Time"
44. Inventor Whitney
45. Econ. yardstick
46. Indian state known for its 12-Down
47. Biker's headgear, perhaps
49. Handbag monogram
52. Certain volleyball player
54. Uno minus uno
55. "_____ Haw"

56. Future bloom
58. Conger hunters
60. Auto items often stolen
66. Former General Motors vehicles
67. Dismount
68. Romeo's last words
69. Things may be written in it
70. Mother, e.g.: Abbr.
71. Old Russian ruler

DOWN

1. People taking courses?
2. Charm
3. New Mexico native who gets around on two wheels?
4. Eyewear, commercially
5. Belittle
6. First name in tyranny

7. Not too hot, not too cold
8. "I want that buffoonish item out of here!?"
9. 15%-er: Abbr.
10. College sr.'s test
11. _____ Lingus
12. See 46-Across
15. Baseball stitching
17. "Honey, I'm not the cause of your pimple?"
20. Dorm peer leaders: Abbr.
24. Requiring assistance
25. Alliance of Buddhists?
27. Moved, as a dinghy
28. Ones nodding off ... or this puzzle's theme
29. Beach castle material
30. Old Brown Dog

- and others
33. Overhaul electrically
36. Try to whack
39. Some savings plans, for short
40. Use a surgical beam on
48. "_____ you out of your mind!?"
50. Belgrade's land
51. Not so great
53. Paul of "Ant-Man"
57. Gucci contemporary
59. Brest milk
60. Shares an email with
61. Ctrl-____-Delete
62. 2016 Olympics city
63. JFK's debater in 1960
64. Have a mortgage, say
65. Sketchy program, for short?

LAST WEEK'S ANSWERS TO ONLY IN AMERICA



su | do | ku © Puzzles by Pappocom EASY #57

www.sudoku.com

		4							2	
1										4
		5	7	1		4	8	9		
			4	6		2	5			
		6		5		8		1		
			1	9		7	4			
	2	6	8			3	9	4		
4										5
	3								7	

RESTAURANTS, MUSIC, EVENTS,
MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

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and it's ready to go,
right on your phone.



Announcements



GET HELP PAYING FOR CHILD CARE!
Changing Tides Family Services has funding available!

We can also help you find child care and connect you with other family resources.

Call **707-444-8293** or visit our offices at **2379 Myrtle Avenue** in Eureka.

www.changingtidesfs.org

Opportunities

open door

Community Health Centers

CASE MANAGER REFERRAL SUPPORT

1 F/T Crescent City

DENTIST

1 F/T Eureka

DIETICIAN

1 F/T Eureka

LAB ASSISTANT

1 F/T Crescent City

LCSW

1 F/T Eureka

LVN

1 F/T Willow Creek

MEDICAL ASSISTANT

1 F/T Ferndale

2 F/T Fortuna

MEDICAL ASSISTANT II

1 F/T Arcata

MEDICAL ASSISTANT III

1 F/T Crescent City

MEDICAL BILLER

1 F/T Arcata

MEDICAL RECEPTIONIST

1 F/T Eureka

REFERRAL SUPPORT

1 F/T Eureka

REGISTERED DENTAL ASSISTANT

1 F/T Eureka

REGISTERED DENTAL ASSISTANT II

1 F/T Crescent City

1 F/T Eureka (Temp)

REGISTERED NURSE

1 F/T Arcata

1 F/T Crescent City

1 F/T Eureka (Peds)

1 F/T Willow Creek

SITE ADMINISTRATOR

1 F/T Arcata

Visit www.opendoorhealth.com to complete and submit our online application.

Opportunities

AIRLINE CAREERS begin here - Get started by training as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)

AIRLINE CAREERS. Start here - If you're a hands on learner, you can become FAA Certified to fix jets. Job placement, financial aid if qualified. Call AIM 800-481-8389. (E-1203)



KITCHEN & HOUSEKEEPERS

Want your job to be meaningful?

On-Call to join team at behavioral health center.

Cook \$11.31/hr

Housekeeping \$10.14/hr

EEO/AA/Minority/F/Vet/

Disability Employer.

2370 Buhne St, Eureka



United Indian Health Services, Inc.

Application deadline: December 9, 2015

Medical Provider - MD/DO or FNP/PA

Provides general medical care and treatment to patients in medical facility such as a clinic, health center, or public health agency. Smith River/Del Norte /Full Time/Open Until Filled

OB /NA-AS Coordinator-Clinical Nurse

Manages Obstetrics Program working closely with Providers. Arcata/Full Time

Diabetes Program Manager

Implements prevention efforts in community and provides clinical coordination with medical providers Arcata/Full Time

Nutrition Manager/ Dietician

Manager nutrition programs which educates and promotes health and wellness throughout the Community. Arcata/Full Time

Lab Assistant

Perform specimen collection and routine Diagnostic test with supervision. Humboldt/ Del Norte Full Time/Per-Diem

Facilities & Safety Program Technician

Assist the Facilities Manager, staff training, Safety Program Officer & various activities

Front Office Assistant ~ Dental

Greet & schedule patients/ operate multiline phones Arcata/ Per-Diem

Dental Assistant

Work with dentist and dental team to provide quality oral healthcare Arcata/ Per-Diem

Clinical Nurse

Weitchpec ~ Provide appropriate sensitive care.

Medical Assistant's

Weitchpec/Arcata/Fortuna ~ Assists with examination and treatments must be injection certified with a current BLS. Job description & salary range posted on website. Full Time/Per Diem

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@crihb.org

Serving the Native American Community since 1970.

In accordance with PL 93-638 American Indian

Preference shall be given all: applicants welcome.



CITY OF FORTUNA

KENNEL ATTENDANT

PART-TIME, \$9.00-10.94 (\$10.00-12.15 STARTING 1/1/16)

Facility maintenance, animal care, and transport. CDL required, must be 18 or older.

Complete job description and application available at www.friendlyfortuna.com or 621 11th Street, 725-7600.

Open until filled.



LOOKING TO JOIN A DYNAMIC TEAM?

ON-CALL LPT, LVN POSITIONS AVAILABLE Are you an LPT/LVN looking for additional hours?

Apply at

Crestwood Behavioral Health Center,

2370 Buhne St, Eureka

www.crestwoodbehavioralhealth.com/eureka.html



TEMP ASSOCIATE TEACHER-JEFFERSON HS

Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one year experience working with young children. **Part-time** temporary, 32 hrs/week (school year), \$10.36-\$10.88/hour. **Review date: 12/4/15**

HOUSEKEEPER-VARIOUS LOCATIONS

Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements.

Part-time \$9.46-10.00 per hour. **Review Date: 12/4/15**

NUTRITION AIDE-JEFFERSON

Duties include receiving food from the specified vendor for meals, completing Child and Adult Care Food Program (CACFP) paperwork, supporting center staff with nutrition activities in the classroom and cleaning and sanitizing meal service areas and dishes. **Part-time:** M-TH 21-24 hr/week \$9.12-\$9.39 per hour. **Review Date: 12/4/15**

TEAM TEACHER-ARCATA

Responsible for the implementation of classroom activities for infants and toddlers. Must meet Associate Teacher level on Child Development Permit Matrix, including at least 6 units in Infant Toddler Care (an additional 3 units in administration is desirable).

Requires one year experience teaching in a preschool setting, including at least 6 months at an infant and toddler center. **Full-time** (Year Round): 37.5 hours per week (Mon-Fri); \$10.36-10.88 per hour. **First Review Date: 12/4/15**

Submit application, resume & cover letter to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For additional information, please call **707-822-7206** or visit our website at www.ncsheadstart.org



Manager of Asset Protection

SUMMARY: To direct the safety, security and asset protection priorities of North Coast Co-op. Responsible for providing a high degree of security for shoppers, employees and the various assets of the Co-op. The Manager of Asset Protection (MAP) will support and train employees on safety and security protocols and procedures, respond to store emergencies and ensure safety and Loss Prevention programs are successfully designed and implemented. **Full Time, Salary \$32,244-\$48,048**

For a detailed job description and application go to: www.northcoastcoop.com/about.htm#employment or pick one up at either store location.

Please submit application to either store location in Arcata or Eureka, email to sarahburns@northcoast.coop or send via USPS to North Coast Cooperative in Arcata.

County of Humboldt SENIOR PUBLIC HEALTH NURSE

\$5,213 - \$6,689 Monthly

This class provides public health nursing services for the more complex client cases, provides review, directional supervision for the work of professional nursing and para-professional staff on an assigned team and/or may have independent responsibility for a major specialized public health program. Must possess a valid California driver's license. Must possess a valid license to practice as a registered nurse in the state of California, and a valid California State Public Health Nursing Certificate. Desired experience includes two years of public health nursing experience.

Filing deadline: December 11, 2015. Apply online at http://humboldt.gov/hr_aa/eoe.



OFFICE MANAGER

Full time position (40 hrs/wk) available at local lumber yard.

Responsibilities include AR & AP. Accounting skills required. Pay dependent upon skill level and experience. Benefits included.

Job begins ASAP.

Please email resume to almquist@ymail.com
Or send or deliver to: Almquist Lumber Co;
5301 Boyd Rd; Arcata, CA95521

No telephone calls.

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County of Humboldt ROAD MAINTENANCE WORKER I

\$2467-\$3166 mo. plus benefits.

Duties include performing routine and skilled heavy, physical work in the maintenance, repair and construction of roads.

Experience as a laborer in construction or maintenance is desirable. Must possess a valid CA driver's license. This position is subject to DOT testing.

Filing deadline: Monday, December 14, 2015.

Apply at www.humboldt.gov/hr or contact Human Resources at (707) 476-2349. AA/EOE

EXECUTIVE DIRECTOR, ARCATA HOUSE PARTNERSHIP (AHP) ED position with local non-profit addressing the needs of homeless families and individuals in the Arcata community. Extensive non-profit management experience, degree in Social Work or related field & grant writing experience preferred.

Submit resume, cover letter, references & salary requirements to AHP at dd.ahp@sonic.net



PARENT EDUCATOR

This full-time position works with parents with developmental disabilities to develop or enhance parenting skills and includes making home visits and providing services in a variety of settings.

\$14.11/hour. Benefits include paid vacation/sick leave, holidays, paid insurance and 401(K). Must be able to pass DOJ/FBI criminal history fingerprint clearance and possess a valid CDL, current automobile insurance, and a vehicle for work.

Applications and job descriptions available at www.changingtidesfs.org. Please submit letter of interest, resume, and application to Nanda Prato, Human Resource Manager, at nprato@changingtidesfs.org or via U.S. mail to: 2259 Myrtle Avenue, Eureka, CA 95501 by **5 p.m., Friday, December 11, 2015** EOE



Humboldt County Association
of Governments (HCAOG)

EXECUTIVE ASSISTANT

A Regional Transportation Planning Agency for Humboldt County is seeking to fill a full-time Executive Assistant position.

SALARY: \$3,072.69-\$3,942.95/mo.

Medical, Dental, CalPERS Retirement.

APPLICATION DEADLINE: 5pm December 9, 2015

Send cover letter, resume, and three work-related references to HCAOG at 611 I Street, Suite B, Eureka CA 95501 or Email: marcella.clem@hcaog.net

A detailed job description may be obtained at www.hcaog.net



sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641

SEQUOIA PERSONNEL SERVICES INC.

Warehouse Production Worker
Property Management Admin Asst • CPA
Director Of Design And Engineering • Carpenters
Bookkeeper/Payroll Specialist • General Laborers
Medical Office Admin Asst • Journeyman Electrician
Rehabilitation Specialist • Janitorial/Housekeeper
Food Service Worker • Geotechnical Engineer
MRI/CT Aide • Project Estimator • Caregiver
Electrical Construction Project Mgr • Welder
Real Estate Asset Manager



United Indian Health Services, Inc.

Lactation Consultant

We are looking for a subcontractor for breast feeding training and support to UIHS Staff and WIC participants. 25 hours per month \$30 per hour.

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@crihb.org

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.



CITY OF FORTUNA FORTUNA TRANSIT BUS DISPATCH/OFFICE ASSISTANT

PART-TIME (29 HOURS PER WEEK).
\$10.05-\$12.21/HR.

Schedule and dispatch transit buses; perform a wide variety of office support work for the City of Fortuna's Parks and Recreation Office. Job description and application available at 621 11th Street or www.friendlyfortuna.com.

**Application deadline is
4pm on 12/16/2015**



Redwood Coast Regional Center

Be a part of a great team!

COMMUNITY RESOURCE MANAGER

FT -Eureka/Crescent City, CA. Develops services needed by people with dev. disabilities. Acts as liason, monitors & evaluates quality of services. Salary range \$3508 to \$4936/mo. + excellent benefits.

Go to www.redwoodcoastrc.org for info, forms & instructions to apply.

Closes 12/21/15 at 5PM EOE



Southern Humboldt Community Healthcare District is now accepting applications for:

CLINICAL LABORATORY SCIENTIST

Full time position. California certification required. Includes shared call.

ADMINISTRATIVE ASSISTANT/MEDICAL STAFF COORDINATOR

Full time position. Associates degree preferred. Minimum five years secretarial experience required. Computer literacy required.

REGISTERED NURSE

Full time, Part time, or Per Diem position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

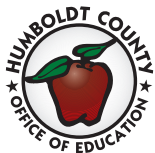
LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 8-hour shifts in our outpatient clinic or 12-hour shifts in our 8=bed skilled nursing facility.

*Full Benefits package to Full Time Employees:
Paid Time Off (PTO), medical, dental, vision, life insurance, retirement plan with employer match and discounted local gym membership.

Health Insurance for Part Time Employees
*Shared housing available between shifts

Visit www.shchd.org for more information and to apply
Or call (707) 923-3921 ext. 230



**Humboldt County Office of Education
Behavioral Support Assistant**

FT, M-F, 7.5 Hrs./Day,
\$2289.73-\$2921.75/mo.
(\$14.09-\$17.95/Hr.) entry, DOE.

Qualifications: Graduation from high school or comparable demonstration of basic competence and not less than 2 yrs. experience working with special needs children in a school setting involving students with complex behavior problems. 2 yrs. related college training may be substituted for 1 yr. exp. Must pass Paraprofessional Exam. Eligible for employer paid H&W Benefits, PERS.

Applications available at HCOE or online:
www.humboldt.k12.ca.us

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. **Closes: 12/10/2015, 4 pm.**



McKinleyville CSD is accepting applications for a full time **Maintenance Worker** and **Seasonal Worker** to assist in landscape, playground, baseball field, parks, open space and facility maintenance. (full time)\$14.29 - \$18.24/hr plus benefits. (seasonal) \$11.09/hr no benefits.

Applications at www.mckinleyvillecsd.com or at 1656 Sutter Road, McK CA 95519 (707)839-3251

Deadline: December 30, 2015

www.mckinleyvillecsd.com



EMPLOYMENT OPPORTUNITIES

Sunset Wait Staff, P/T
(3 positions available)

Janitor, P/T
(4 positions available)

Security Guard, P/T
Valet, P/T

Shuttle Driver, P/T
Deli Worker, P/T

Janitor, F/T

To apply visit our website at
www.cheraeheightscasino.com



Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health.

This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

Full-time LVN/RN

Candidates must possess a current nursing license, as well as, clinical experience, strong triage skills, computer proficiency, and management abilities.

RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested and qualified candidates may apply at :
Redwoods Rural Health Center
101 West Coast Rd
P.O. Box 769,
Redway, CA 95560,
download an employment application from www.rrhc.org or contact RRHC at (707) 923-2783.

HOME CAREGIVERS PT/FT.

Non-medical caregivers to assist elderly in their homes.
Top hourly wages.
(707) 362-8045. (E-1231)



**EDUCATION:
EQUAL OPPORTUNITY
TITLE IX**

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the

Personnel Office, Humboldt County Office of Education
901 Myrtle Ave, Eureka, or accessed online.

For more information call 445-7039. (E-0625)



GENTLEMEN'S CLUB

The Tip Top Club is currently looking for a part time bartender, bar back, DJ and security. Must be willing to work in a high stress fast paced environment.

Staff is expected to wear all black cocktail attire and work late nights. experience necessary but not required. Starting at \$10-\$12 per hour depending on position and experience.

Call (707) 443-5696
FABULoustiptop.com

AMERICAN STAR PRIVATE SECURITY. Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-1231)



Carefree Caregiver Hiring

NON-MEDICAL CAREGIVER START AT \$12.00 PER HOUR

Submit Resume to:
dana@caregiverhire.com.

Application to:
www.caregiverhire.com
(707) 443-4473

Auctions

PUBLIC AUCTIONS

THURS. DEC. 3RD 4:15PM

INFO & PICTURES AT
WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11AM-5PM &
THURS. FROM 11AM TO SALE TIME

THURS. DEC. 17TH 4:15PM



3950 JACOBS AVE. EUREKA • 443-4851

Clothing



HOLIDAY COSTUMES
Santa, Mrs Claus, Santa Helpers, Rudolph and even The Grinch costume rentals. The Costume Box, 202 T St. Eureka, Ca, Mon-Fri 1-5:30, Sat 11-5. Other times by appointment.
(707) 443-5200
csbx202t@aol.com

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Featuring
X-MAS
Sweaters



"Clothes with Soul"

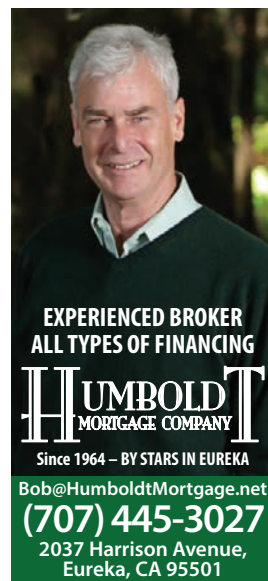
Merchandise

KITCHEN APPLIANCES, POTS AND PANS & BAKEWARE HALF PRICE!

Dream Quest Thrift Store. December 3-9. Where something wonderful happens every day: Senior Discount Tuesday, Spin'n'Win Wednesday, New Sale Thursday, Friday Frenzy & Secret Sale Saturday.
(530)629-3006.

Miscellaneous

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 844 -244-7149 (M-F 9am-8pm central) (AAN CAN)



LOST COAST CAMP 18th
Saturday December 5th
HOLIDAY REUNION
Bring your favorite CAMP MEMORY, T-SHIRT, MEDALLION and, if you can **\$5**
Arcata Pool 10:30-12
Arcata Vets Hall 12-2:30

ARE YOU TIRED OF COOKING?
Let me cook for you and make your life easier. Cooking with love and creativity \$20 hour
Call Camille 223-2630

Art & Design



**ART
CENTER
FRAME
SHOP**

616 Second St.
Old Town Eureka
707.443.7017

artcenterframeshop@gmail.com

Auto Service

ROCK CHIP?
Windshield repair is our specialty.
For emergency service
CALL GLASWELDER
442-GLAS (4527),
humboldtwindshieldrepair.com
(5-0106)

Cleaning



**CLARITY WINDOW
CLEANING.**
Services available.
Call Julie 839-1518. (5-0106)

Computer & Internet



**Macintosh Computer
Consulting for
Business and Individuals**
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Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice
707-826-1806
macsmist@gmail.com

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Powerful tools. Artistic spirit.
Balancing the elements of your
yard and garden since 1994.
Call Orion 825-8074,
www.taichigardener.com (50129)

Home Repair

2 GUYS & A TRUCK. Carpentry,
Landscaping, Junk Removal,
Clean Up, Moving. Although we
have been in business for 25
years, we do not carry a contrac-
tors license. Call 845-3087
(5-1231)

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Honest & Reliable,
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Musicians & Instructors

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Singer Songwriter. Old rock,
Country, Blues. Private Parties,
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All ages, beginning &
intermediate. Seabury Gould
(707) 444-8507. (M-0106)

PIANO LESSONS. Beginners, all
ages. Experienced. Judith Louise
476-8919. (M-1231)

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BOY**

Studio Recording & Mixing
CD Mastering, Package Design
Tapes/ LP/ Cassette/ videotape
transferred to CD / DVD
24 track remote recording
Professional Engineer
e-mail: bongoboycd@sbcglobal.net
bongoboystudio.com
Celebrating 13 years in Humboldt County!
(707) 839-5090

Other Professionals

**EDITOR/VIRTUAL ASSISTANT/
WRITING CONSULTANT**
Jamie Lembeck
Price Varies (808) 285-8091
jfaolan@gmail.com

**SOMEDAY SERVICES
LAURA PATTERSON
PROFESSIONAL ORGANIZER
HUMBOLDT**
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Laura@SomedayServices.com
www.SomedayServices.com

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& Parties
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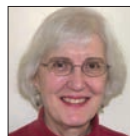
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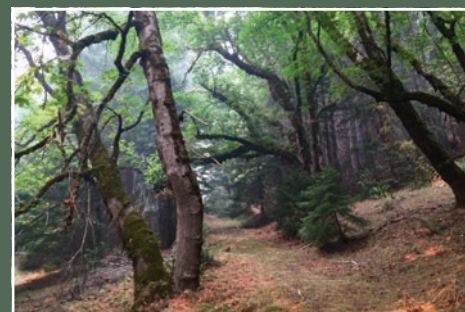


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±38 acres and located only 5 minutes from Ruth Lake in Trinity County. Property has terraced flats, with the upper portion featuring open meadows and scattered oak. The lower portion is heavily wooded with a medium size pond, and well developed roads access the property. Contact us for more information today!



Hana with her triplets, Timber, Lotus and Lilly.



Murphy's Welcomes Arcata Florist

"Although my birth name is Rosehana Graciela Padilla (after my aunt Sister Mary Grace) I have always gone by Hana. Raising my children (triplets) means everything to me. Another thing that means everything to me is the sense of community.

"It takes a village," to coin a phrase because I have had my struggles with my own parents or lack thereof," states Hana, owner of Arcata Florist, which just opened its doors last October in the Sunny Brae Shopping Center. "Community means more to me than most, and I hope to some day give back not only with causes I feel strongly about, but through raising my children to be constructive community members"

Hana has been in the floral industry for almost 15 years. "It all started when I took a

test with a career counselor to see what was a good fit for me. Floral Design was one of the answers so I started doing a work exchange program with a local florist while attending college. I then got my retail floristry certificate from American River College. I moved up to floral manager in a supermarket that has a floral department like no other. I was then able to obtain another certificate through their ongoing design classes" Hana has been working in floral ever since.

When Hana is not working at the shop or making deliveries, she can normally be found around the Sunny Brae area with her triplets Timber, Lotus, and Lilly. "Sunny Brae is a hub for us. My kids go to Jacoby Creek, we live in the area, go to church at St. Alban's and shop at

Murphy's. We go there at least three times a week. I get to see my neighbors and my kids get to see their friends plus they make the best deli sandwiches. I eat one almost everyday," Hana explains.

With such a love for the Sunny Brae community, Hana invites all to come down and check out the new shop at 52 Sunny Brae Center or you can call them at 707-630-3329 to set up a consultation. Arcata Florist is a full service florist. Besides your florist bouquet, designed to not fall apart when unwrapped, Hana also can handle any size event or milestone in this journey called life. "So cheers and come support my small business so I can support the heart of gold community that I love."



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